

# Connecticut Guardian

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## Area Support Group returns: Finds support group of its own

Spc. JORDAN E. WERME  
65<sup>th</sup> PCH

Amidst the shouting and cheering of hundreds of family and friends, the 80 members of the 143<sup>rd</sup> Area Support Group arrived at Newington High School Oct. 1, after a year-long deployment to Iraq.

Three chartered busses delivered the Soldiers of the ASG, a command unit charged with overseeing various levels of operations while in theater, to N.H.S. after the five-hour trip from Fort Drum, N.Y., where the unit spent several days after returning to the United States from Baghdad on Sept. 27.

Among the hundreds of supporters gathered to welcome the Soldiers home were Brig. Gen. Thad Martin, adjutant general, and Gov. M. Jodi Rell.

Martin, for the first time in his new role as commander of the Connecticut National Guard, greeted Soldiers returning from overseas deployment.

"This is great," said Martin. "This is one of the really happy moments."

Lisa Muller and her dog, Hazelnut, waited eagerly for the arrival of her husband, Capt. Julian Muller.

"I'm really relieved he's coming home," said Muller. "I'm so proud of him."

The ASG left Connecticut on Sept. 8, 2004, just weeks before Muller was to celebrate the birthdays of his wife and mother, but this year will be different.

"He was on duty at West Point from May of 2003 until May of 2004," said Lisa. "This year he'll be here to celebrate both birthdays, even if he's a little late for mine."

One group of supporters wore a different uniform of sorts: custom-made t-shirts with a photo of the Soldier they came to see get off the bus from Fort Drum.

Master Sgt. Lucien Lefevre was greeted by nearly 15 members of his immediate and extended family, each wearing the Soldier's likeness on his chest.

"We had the t-shirts made for the occasion," said Brandi Rzeznikiewicz, Lefevre's daughter. "I thought it would be a nice gesture in support of Dad and the whole unit. I'm so excited to see him."

Kris Wlaszkiewicz, 16, Lefevre's nephew, was also in the family uniform.

"I'm very happy he's coming home," he said. "We talked almost every week. We kept him up to date with things over here, and he told us what was going on there."

So many things to talk about, but Kris was sure of what his first message to his uncle would be: "Welcome home. Thank you."

While family and friends gathered by the dozens to watch their loved ones spill out of the busses, others gathered with no personally invested interest, only a sense of

goodwill and thanks for what the returning Soldiers sacrificed for the welfare of others.

Greg and Jessica Harris, a couple from the Newington area, brought their children, Eliza (2) and Victoria (5 months) to show support to their hometown heroes.

"We just wanted to show support to the unit," said Greg.

"I have family in the Air Force," said Jessica, "so I know what these Soldiers and their families are feeling now."

Relief. Happy. Thankful.

And whole, once again.



Sgt. 1<sup>st</sup> Class Linda Allsop (foreground) is overcome with joy as she waits next to Brig. Gen. Thad Martin, adjutant general, for her husband, 1<sup>st</sup> Sgt. Joseph Allsop to exit the bus which carried himself and other Soldiers of the 143<sup>rd</sup> Area Support Group to Newington High School from Fort Drum, N.Y. (Photo by Spc. Jordan E. Werme, 65<sup>th</sup> PCH)



# Commander's Corner

## Army Transformation to impact CTARNG, missions

As we begin yet another Federal fiscal year, a significant number of challenges lay before us. Perhaps the greatest of these involves the need to synchronize the TRANSFORMATION of the Connecticut Army National Guard with continuing Federal mobilization requirements.

Very simply, the Army's TRANSFORMATION plan for the Army National Guard seeks to eliminate unsupportable (C-3) infrastructure and leave behind a fighting force that is fully manned, funded and equipped (C-1). Our goal throughout this process has been to emerge from TRANSFORMATION with the right mission sets for our Soldiers and the State.

Working the process in the midst of large unit commitments previously programmed into the FY 05-07 deployment cycle at times proved problematic. However, over the last four months, much was done to coordinate a plan with NGB and US Forces Command leadership that would achieve our goals for

the State and our Soldiers.

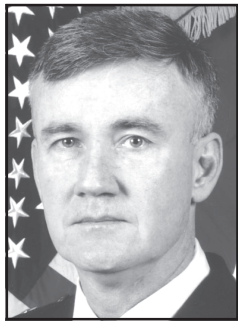
In mid-September, we were informed Forces Command had bought off on our plan to accelerate the realignment/conversion of several Connecticut National Guard units from the FY 07-08 programs to FY 06. Armed with this change, we were then able to adjust mobilization requirements to better align engineer and infantry taskings to our newly transformed organization.

The bottom line is this... we have avoided mobilizing Soldiers in a mission set, that upon their return to State control, would no longer be required. The colors you take with you into Federal service are the colors under which you will serve upon your return to State control. This has been and remains our absolute focus.

I would be remiss to close before thanking all those who gave so much toward the recent hurricane relief efforts. To the 300 Connecticut National Guard members who forward deployed to the region, you know

first hand how you made a difference in the lives of so many less fortunate Americans. Your professionalism in the performance of duty and willingness to respond quickly to the call of our Governor brings great credit to you and the concept of "Citizen Soldier."

A word of thanks is also in order for all those Connecticut Military Department members who contributed to or participated in the Governor's Hurricane Katrina Relief Effort. Know your efforts toward building up the near 3,200 pallets of donated disaster relief goods and getting them moved to the victims via the nearly 150 tractor trailer hauls made a difference as well in the lives of victims from Alabama, Louisiana and Mississippi.



BRIG. GEN.  
THAD MARTIN

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Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

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# Perspectives

How has 9-11 and/or the Global War on Terror affected your enlistment or career?



MASTER SGT. PERRY D. WHITED  
103RD LOGISTICS READINESS SQUADRON  
"We have been participating in more readiness exercises and have been deploying overseas more than ever."



TECHNICAL SGT. JENNIFER K. GRAY  
103RD LOGISTICS READINESS SQUADRON  
"I am deploying now for the fourth time overseas since 9-11. It has definitely made me realize that 'signing on the dotted line' really means something. I also appreciate more the importance of each member's role in a deployment."



STAFF SGT. SHAWN GLASSE  
103RD LOGISTICS READINESS SQUADRON  
"I don't think it has really affected the way I approach my job. I maybe have more pride and try to do my job the best that I can."



# Lippincott named Assistant Adjutant General



Col. Walter Lippincott, assistant adjutant general, pins a state service medal on a Soldier who participated in Katrina Relief efforts. (Photo by Lt. Col. John Whitford, State PAO)

Col. Walter E. Lippincott of Torrington was named Assistant Adjutant General of the state Military Department in September by Adjutant General Thaddeus J. Martin and Governor M. Jodi Rell.

Lippincott, a 46-year-old lawyer and Army veteran, had been serving as State Judge Advocate in the Military Department. He is also an associate professor of legal process at Naugatuck Valley Community College in Waterbury, and lectures at Central Connecticut State University in New Britain.

“Col. Lippincott has a record of innovative thinking, sound judgment and teamwork,” said Brig. Gen. Martin. “These are precisely the skills and qualities we are looking for as the governor and I move Connecticut’s Military Department forward. I know I can count on him for reasoned advice and support.”

“Col. Lippincott represents the best of today’s military – combining smart leadership and forward thinking with a clear understanding of the mission of the Military Department and the realities of today’s world,” Governor Rell said. “He makes a strong management team in our Military Department even stronger.”

“I’m flattered and honored by the confidence placed in me by Gen. Martin and Governor Rell,” said Lippincott, who was on active duty in the Army from 1985 to 1989, achieving the rank of captain, and who has served since in the National Guard in Connecticut. “It is also humbling to help lead the dedicated men and women of the Guard in Connecticut who give so much – whether in Iraq, Afghanistan or in our recent hurricane relief efforts.”

Lippincott’s appointment was effective immediately.

## Abbenante promoted to brigadier general

STAFF SGT. STEVE MARKOWSKI  
65<sup>TH</sup> PCH

The Connecticut National Guard has a new general officer.

Brig. Gen. Louis A. Abbenante, of Saunderstown, R.I. became the commander of the 43<sup>rd</sup> Chemical Brigade, which is based in Newington. He was officially promoted to brigadier general on Sept. 29 at the State Armory in Hartford.

Abbenante was presented with his stars in the armory’s atrium outside of the adjutant general’s office, with several family members and numerous fellow National Guard members looking on and applauding. The star on his right shoulder was applied by his wife Carla. Brig. Gen. Thaddeus Martin, adjutant general applied the star to Abbenante’s left shoulder, receiving assistance from Anna Abbenante – the new general’s mother.

“I consider myself very fortunate to be given this opportunity,” said Abbenante, who transferred to the Connecticut Guard last December to become deputy brigade commander of the 43<sup>rd</sup> Chemical Brigade. In addition to commanding one of Connecticut’s newest and largest units, he will also be assisting Brig. Gen. Daniel Scace as deputy director of the joint staff.

“I’m a good juggler,” Abbenante said, stressing that he will face the challenges by using good time management and dedication.

In his civilian life, Abbenante is a full-time defense consultant for Benchmark International, which is based in Arlington, VA. He has spent his entire 27-year military career in the National Guard. Nina Abbenante, 8, and her brother Luke, 3, attended the pinning ceremony to see their father receive his stars.



Brig. Gen. Louis A. Abbenante (second from left) had his stars pinned on by his wife Carla (left), his mother Anna and Brig. Gen. Thaddeus Martin, adjutant general. Abbenante is the commander of the 43<sup>rd</sup> Chemical Brigade and will also be assisting Brig. Gen. Daniel Scace as deputy director of the joint staff. (Photo by Staff Sgt. Steve Markowski, 65<sup>th</sup> PCH)

**Welcome Home**  
**1048th Truck Company**  
**14th CST**  
**Joint QRF**  
**Thank you for supporting**  
**Katrina Relief Efforts**



# Hot sun, cool jets, good cause

STAFF SGT. CAROLYN A. ASELTON  
103<sup>RD</sup> FIGHTER WING PUBLIC AFFAIRS NCOIC

BRADLEY AIR NATIONAL GUARD BASE, East Granby – Neither the Base Closure and Realignment Commission nor the war on terror could deter the planners of Space and Aviation Day from putting on another great event here July 30.

The base, which is slated for realignment (at press time), was one of three venues open to the public for the benefit which raised money for Paul Newman's Hole in the Wall Gang Camp, a nonprofit residential summer camp for children with cancer and other life-threatening illnesses.

A variety of displays attracted thousands of visitors allowing them to meet and talk with servicemembers, law enforcement members, and civilians about their work.

Less aircraft filled the flightline than in years past due to the Global War on Terror, but those units which did display helped make the event a success.

"The best part is to be able to see all the youngsters who are excited about climbing around on a helicopter," said Chief Warrant Officer Zachery Wilkerson, UH-60 Blackhawk pilot, 12<sup>th</sup> Aviation Battalion, Fort Belvoir, Md., while showing his helicopter. "And answering questions about military aircraft."

Also, members of the 103<sup>rd</sup> Security Forces Squadron demonstrated firing different weapons, a magician tricked the crowd, and a state trooper convinced a few brave participants on the Connecticut State Police seatbelt convincer.

Claudette Kosinkski, a Hartford resident, said she liked the A-10 the best. "I came because it is an opportunity to see the planes and helicopters up close and personal and chat with some of the personnel responsible for operating them," she said.

The New England Air Museum and the Connecticut Fire Academy also hosted Space and Aviation Day.

*Alex Oh checks out an A-10 bomb rack during Space and Aviation Day at Bradley Air National Guard Base in July. Alex and his brother Ethan live in Massachusetts and visited the base with next door neighbors. (Photo by Staff Sgt. Carolyn A. Aseltontm 103rd Fighter Wing Public Affairs)*



*Rachel (partially hidden) and Derek Strillacci listen to their father, John, explain the workings of an F-16 during Space and Aviation Day at the Bradley Air National Guard Base in July. The family, from Southington, was able to get up close to the military aircraft that was on display at the base as part of a charity event. (Photo by Staff Sgt. Carolyn A. Aseltontm 103rd Fighter Wing Public Affairs)*





# Saving lives all in a day's work for Balad medics

MASTER SGT. JIM RANDALL  
332ND AIR EXPEDITIONARY WING PUBLIC AFFAIRS

BALAD AIR BASE, Iraq — Evacuation team members brace themselves against the rotor wash of a Blackhawk helicopter as it lands, stirring up swirling clouds of dust.

The team immediately makes their way to the chopper and hurriedly begins bringing patients into the trauma center.

Within seconds, the emergency room is buzzing with activity as doctors, nurses, radiologists and medical technicians assess patients' injuries, check vital signs, administer medications and set up x-ray equipment.

This is a typical routine for the men and women of the 332nd Expeditionary Medical Group, who often repeat this process several times a day at the Air Force Theater Hospital here.

The 332nd EMDG operates the hospital, a primary care clinic and a Contingency Aeromedical Staging Facility to provide medical services and treatment for U.S. and coalition forces on and around Logistics Support Area Anaconda and Balad Air Base, Iraq.

Quality medical care and speedy evacuations of wounded personnel in Iraq

have helped achieve “the lowest mortality rate ever seen in modern warfare,” according to Deputy Defense Secretary Paul D. Wolfowitz at a January TRICARE conference in Washington.

To provide high-quality medical care, the hospital boasts a staff of surgeons trained in more than 20 different specialties. Army combat medics and evacuation teams make sure that patients get treated as quickly as possible.

“Most of our patients are U.S. military and Iraqi army, national guard and police,” said Col. Chuck Hardin, 332nd EMDG commander. Medics at the 332nd EMDG also treat wounded insurgents, civilians injured by war actions and a small number of “humanitarian” patients from Balad

hospital on a space-available basis – usually children, according to Hardin.

“The children we see here usually have conditions or injuries that the downtown hospital isn’t equipped to handle,” said Hardin. “We can only take humanitarian patients when we have unused beds available, but helping children is especially rewarding for us and goes a long way toward developing good relationships with local families and villages.”

“We really put our hearts into our jobs, and we want our patients to know that we’re going to give them the best care possible,” said Staff Sgt. Brenda Buchko, an aeromedical technician.

“All our medics are like family,” said Hardin. “Even though the Army evacuation teams don’t officially work for me, we work so closely with each other that we all feel like

one team.”

“As evacuation team members, it’s our job to off load patients from the Blackhawks, respond to 911 calls and transport off-base patients to the hospital,” said Private 1st Class Dadrian Ellington, a combat medic who works here as part of the Army’s Dragon Evacuation Team.

“The best part of our job is helping people,” said Private Ellington. “It’s important for them to know that we’re always just around the corner if they’re injured and need to get to the hospital.”

“For me, the best part of working here is seeing people smile and say ‘thank you’ when they’re recovering,” said Buchko. “That makes us smile and forget about our problems.”

Even as trauma teams go to work on their latest patients, helicopters lift off outside the hospital and soon disappear from view.

**“Even though the Army evacuation teams don’t officially work for me, we work so closely with each other that we all feel like one team.”**

**Col. Chuck Hardin**



More new patients will arrive soon, beginning a new cycle of challenges for the medics at the 332nd EMDGA medical evacuation team transports a wounded Soldier to the emergency room at the Air Force Theater Hospital recently. (U.S. Air Force photo by Master Sgt. Jim Randall)



# 141<sup>st</sup> Medics support LSA Anaconda, Balad, Iraq

Spc. DADRAN ELLINGTON  
141<sup>st</sup> MEDICAL Co.

Logistical Support Area Anaconda/Balad Air Base are home to fifteen Soldiers from the 141<sup>st</sup> Medical Company. We are known on base as Dragon Evac. Thirteen of these Soldiers are medics from Second Platoon. The remaining two are mechanics from Headquarters Platoon who are here in support of Second Platoon's mission. 2<sup>nd</sup> Lt. James Moran is Dragon Evac's Team Leader.

In support of Operation Iraqi Freedom we have three main missions; Aid and Litter Team for the 332<sup>nd</sup> Air Force Theater Hospital (AFTH), Local National Transport, and 911 First Response. These three missions can be very demanding at times, but we are confident in our abilities to take on the mission at hand, and have proven ourselves time and time again.

Primarily we serve as aid and litter teams for the 332<sup>nd</sup> AFTH. This task consists of off-loading patients from Medical Evacuation (MEDEVAC) Blackhawk helicopters and transferring them from the Helipad into the hospital. Patients who come in to the hospital by these means have more than likely suffered some type of traumatic injury at the hands of the enemy. Time and time again we have taken American, Coalition, and Iraqi soldiers off the birds and wheeled them into the Emergency Department (ED) to get immediate treatment for injuries from Improvised Explosive Device blasts and vehicle accidents (two of the most common causes of battle related injuries).

At times, after transporting the patients into the ED, we stick around to help out because the emergency technicians may be overwhelmed by the number of patients and need our assistance. This opportunity helps the medics of the 141<sup>st</sup> maintain our medical skills. We perform two hour rotations in the ED every week in addition to providing support when needed. Our ED rotations have been a great learning experience and have helped us foster a great working relationship with the Air Force personnel.

On the afternoon of July 30, four Iraqi National Guard soldiers came into the hospital on a MEDEVAC bird. Three of the soldiers were categorized as urgent litter and the fourth priority. All of them had suffered multiple gun shot wounds. After wheeling the injured men into the ED, Spc. Johnson and I changed gloves and remained to assist with the least injured soldier. We facilitated the insertion of two IV's, assisted in his rapid trauma assessment by providing appropriate medical care, and upon completion of his assessment and initial treatment, we brought the soldier to CT so a scan could be taken of his internal injuries. This is one of many instances where the Dragon Evac team has been a useful asset to the 332<sup>nd</sup> AFTH.

Our second and most physically taxing mission is Local National Transport. On a daily basis, we transport any number of Iraqi

Nationals from the North Gate Entrance Control Point (ECP) to the 332<sup>nd</sup> AFTH for appointments and return them upon completion. This task takes 45 minutes or more for each trip to and from the gate. Not only is the mission time consuming, it is, at times, unbearable because of the unimaginable heat and the weight of the protective gear we must don in order to proceed to the North Gate. To say the least, upon completion of a gate run, we are dripping with sweat and running to the nearest air condition vent.

Once we arrive at the North ECP personnel search area, we are sometimes bombarded by local nationals waving their paperwork in hopes of being allowed in the gates to receive care at the hospital. A good number of them have legitimate appointment slips and are allowed to standby for transport, but there are those desperate individuals who have

to the Iraqi men, women and children who have been hurt because of the complications of war. For me, giving a high five to one of the kids, or sharing some candy with them and seeing them smile makes up for the fact that I have sweat pooling in my boots.

Our third mission here on LSA Anaconda is to be the First Responder to 911 emergency calls. On the East side, where we are secondary responders to the base area and primary to the flight line, our call sign is Dragon. On the West side, where we are primary first responders, we are known as Lightning. The Motorola handheld radios we carry are rarely free from chatter. We monitor this radio 24/7 listening for the magic words "Attention on the net, stand by for a medical emergency."

Our calls are dispatched by the Air

broken leg. He somehow had managed to ram his vehicle in the rear of the vehicle ahead of him in an area where the speed limit is no more than 15MPH. Aiello and Artigue had to stand by while the fire department's extraction team went to work on the vehicle, bringing out the Jaws of Life and other major cutting tools. Once the man was free, our two medics went to work on him, taking the necessary C-Spine precautions while transferring him onto a long spine board, then splinting his fractured extremity. The patient was then transferred to the back of the ambulance and transported to the 332<sup>nd</sup> AFTH.

I must admit, all the calls we receive are not as exciting as the previously mentioned, but we take them all very seriously and have a record of having the fastest response time on base. We are fully aware that the longer we take to get to our patient, the more they suffer. Lightning and Dragon are essential members of the Emergency Response Team.

Moran and Aiello have stepped up to the challenge on Anaconda. They represent the 141<sup>st</sup> and Dragon Evac as they help to design a Mass Casualty Incident (MCI) plan and routine 911 medical response plans for post. They attend meetings every other week with the Consequence Management Group (a collective team of fire, police, and medical agencies on post) where they work to design and implement the MCI and routine 911 plans. Just last month we had a mass casualty exercise simulating a suicide bomber at DFAC 4. More than 60 role-players were casualties ranging from urgent to routine. The plan was put into action and everything moved rather smoothly. The group held an AAR to discuss the good, the bad, and the changes but overall it was a successful exercise.

Our mission here at Anaconda allows us to interact with everyone on base. We realize that every part of our job is very important. When the sick or injured need someone to get them to the hospital in a speedy fashion, Dragon Evac is here to do it. Iraqi nationals need transportation to their appointments and we are at their service with a smile every day of the week. If someone sprains their ankle while playing basketball at the MWR, they can rest assured that Dragon or Lightning will respond to expedite their transport to the 332<sup>nd</sup> AFTH or the TMC.

It may seem like an overwhelming task to have three very important missions taxed out to only 13 medics from the 141<sup>st</sup>, but we are more than confident in our abilities. We've been successful these past eight months and when the time comes, we will pass on our knowledge to the next rotation of medics with the hope that they too will settle into their new position as we have. As a member of Dragon Evac, I can say we have exceeded the standards set before us and we are very proud of it.



Medics of the 141<sup>st</sup> Medical Company head out to a helicopter to bring in wounded for treatment. (Photo courtesy 141<sup>st</sup> Med. Co.)

written referrals from Balad Hospital (the local hospital) or mysterious notes from a well known Iraqi doctor which they think gives them permission to take the ride with us to the 332<sup>nd</sup> AFTH. We understand their need and desire to be seen in the American Hospital, where we all know they can receive the best care, but almost daily we have to turn ill people away because their paperwork is questionable. The fact that we must turn people away is not our favorite part of the mission, but the risks of taking a debatable Iraqi on base are far too great.

After the legitimate individuals are searched and cleared, we move on to the badge office to get them temporary identification so we can escort them to the hospital, and they can be accounted for at the end of the day if one or more have to remain overnight in the hospital. Though this mission is physically and emotionally demanding, we feel warmth in our hearts knowing we provided a much needed service

Force Fire dispatching center, and we often respond to support the fire fighters when they are responding to a structural fire. We help sustain the men who are fighting the fire by taking them over to a recovery area we have set up, having them sit down for a spell, drink water, and when we feel their vital signs are within normal limits, they are allowed to continue to rotate into the flaming building. The fire fighters are very grateful for this service and are not shy to render thanks to Lightning and Dragon. In addition to fire assistance, we respond to ill or injured individuals on base.

Spc. Aiello and Sgt. Artigue responded to a pretty complex call a few months ago. While working as Lightning, they were called to the South Trucking Lanes for a motor vehicle accident. Upon arrival, they found a male Third Country National trapped in the cab of his truck, with a



# OCS Class 50 Graduates



**SPC. JORDAN E. WERME**  
65<sup>TH</sup> PCH

The Soldiers of Officer Candidate School Class 51 gathered in the back of Nett Hall. The candidates were exhausted and dirty, just hours from finishing Phase One of their training. But Class 51 was not gathered to celebrate completion of Phase One. They had assembled, along with hundreds of other spectators, to witness the graduation and commissioning of their predecessors, Class 50.

The six Soldiers of Class 50 who successfully fulfilled the commissioning requirements set forth by the officer candidate school program were recognized in a ceremony held July 30 at Nett Hall, Camp Rell.

Graduates were recognized for outstanding achievements while in training. The Military Order of World Wars award, presented to the candidate who achieves and maintains high standards of leadership as a National Guard Soldier, was given to 2<sup>nd</sup> Lt. Claude Hibbert. The award for outstanding leadership went to 2<sup>nd</sup> Lt. Keith Moran. The regimental commander's award and the award for the highest academic achievement went to 2<sup>nd</sup> Lt. John Rossi.

"Today," said Rossi, "six highly motivated, dedicated Soldiers, have together accomplished all the tasks assigned to them and are ready to move forward with the next phase of their military careers."

*Members of OCS Class 50 march into Nett Hall for their graduation and commissioning ceremony. Five Soldiers took their oath as second lieutenants while a sixth decided to defer acceptance of his commission. (Photo by Spc. Jordan Werme, 65th PCH)*



*Five members of OCS Class 51 raise their hands to take the oath as new officers in the Connecticut Army National Guard, while their classmate stands at attention. He chose to defer acceptance of his commission until a later time. (Photo by Spc. Jordan Werme, 65th PCH)*



## 192<sup>nd</sup> Chemical for the future

CAPT. JONATHAN R. GRAHAM  
1<sup>ST</sup> LT. RONNY O. JIMENEZ  
143<sup>RD</sup> MILITARY POLICE COMPANY

For the 192<sup>nd</sup> Chemical Battalion Annual Training 05 presented its share of challenges.

Given a battalion that consists of both Military Police and Chemical companies that have seen mobilizations for OIF and ONEIII, it was important to allow our soldiers in school to have a year that was uninterrupted.

This was realized by planning for an alternate AT from Operation TOPOFF and an Overseas Mission to Germany.

For two weeks the 143<sup>rd</sup> Military Police (CS) Company planned, trained and led the soldiers from across the Battalion.

The annual training took place in two phases in the month of June.

“We decided to utilize the resources that the state has to offer and began AT 05 at Camp Rell and Stones Ranch” said Capt. Jonathan Graham, the 143<sup>rd</sup> MP company commander.

It was here that the adhoc company learned to crawl and walk.

The company used the Leader Reaction Course to get the new soldiers to gel and from there moved on to marksmanship skills on the Fire Arms simulator.

“I can not say enough good things about the support that we received from Col. Kowal and his staff” commented Graham.

The primary focus for annual training was on the skills and scenarios most appropriate for our present military posture.

“Train as you fight,” was preached heavily during the 143<sup>rd</sup>’s annual training as Soldier’s paid close attention to what they might be doing soon in a combat theater.

Specifically, there was a focus on the critical lessons learned during the unit’s deployment to western Baghdad in support of Operation Iraqi Freedom.

Each lesson from the 143<sup>rd</sup>’s deployment was fully integrated into annual training which greatly benefited the entire unit as real world experience was combined with Army training doctrine.

During Phase I, unique training was incorporated such as bringing in the Wethersfield regional SWAT team to share and instruct their tactics for surgical room clearing and weapons handling in an urban combat environment.

The SWAT team was composed of police officers from the local departments of Manchester, Wethersfield, and South Windsor. The officers contributed their skills and techniques that they practice and put to use on a daily basis.

In addition, classes were given by



A Soldier of the 192<sup>nd</sup> Chemical Battalion takes careful aim downrange during weapons training. (Photo by Sgt. 1st Class Marc Pucinski, 143<sup>rd</sup> MP)



## Battalion trains during AT

Soldiers on how MOUT operations are executed in a combat environment, convoy security, and cordon and search, with the overall goal of “running” or validating at the squad level in Phase II at Fort Pickett.

From the start the unit was under strength from an NCO position. Many E-4s, both MP and Chemical alike, were asked to step up and take on roles of much greater responsibility.

It was here where the future NCOs of the CTARNG, stepped up to squad leader positions due to the lack of present staff sergeants in the unit.

In commenting about his experience, newly pinned Sgt. Harrison Formiglio said, “This AT was a great learning tool, the expertise of the SWAT team combined with the experience of those who deployed over seas created a pool of skill and knowledge.”

In addition, Sgt. Nathan Soucy noted, “Not only did the MOUT training assist in preparing Soldiers for an urban combat environment but also the MAC site, helped improve CQB (Close Quarters Battle) skills and teamwork in an urban warfare environment.”

It was here that Soldiers employed their weapon systems on the move, engaging targets in a realistic fashion.

As the fate of the Chemical Battalion may be to fade away, and as those former Chemical units and Soldiers transition to other MOS's one thing is for sure, all of the Soldiers gained or enhanced their survivability in the urban fight.

More then ever it is clear today that the Combat Support Military Police Soldier is the force of choice around the world, as highlighted here in Connecticut as units are in the process of converting into MPs.

This year's training period was an excellent example of how in the National Guard Soldiers from very different backgrounds come together for the common good of the mission tasked.

# “Train today, lead the way”!



Team building activities on the Leader Reaction Course playing an important role in the annual training of the 192nd Chemical Battalion. (Photo by Sgt. 1st Class Marc Pucinski, 143rd MP)

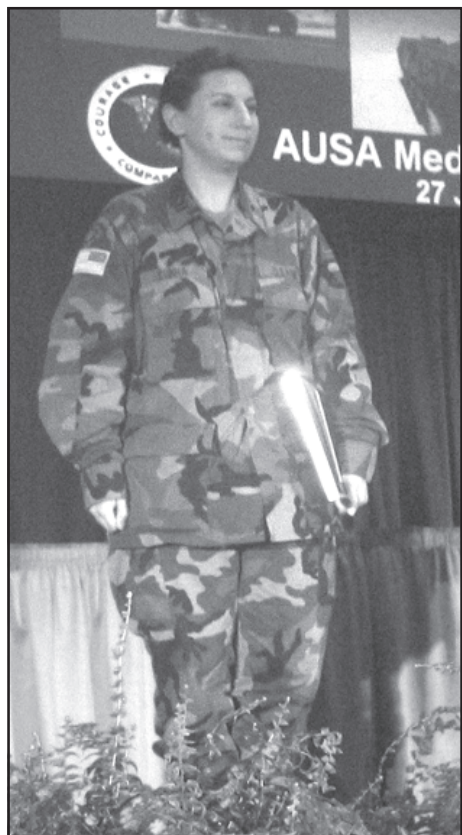


Basic skills such as clearing buildings and apprehending enemy prisoners were practiced during the annual training of the 192nd Chemical Bn. with trainers provide by the 143rd MPs who had deployed to Iraq. (Photo by Sgt. 1st Class Marc Pucinski, 143rd MP)



## Around the Guard

### *Cuhna receives prestigious leadership award*



Capt. Linda Cuhna, 118<sup>th</sup> Area Support Medical Battalion, CTARNG, receives the Lt. Col. Karen Wagner Leadership Award. The award was established last year to honor Lt. Col. Karen Wagner, a Medical Service Corps, Health Services Human Resources Officer, who was killed on Sept. 11, 2001 while performing duties in the Pentagon. The award is presented annually to recognize outstanding Medical Service Corps Human Resources officers who have demonstrated the characteristics of professionalism, integrity, competence, and leadership that Lt. Col. Wagner personified so well. This year's other recipients of the Karen Wagner Leadership Award are Maj. Julia Dallman, Active Duty Winner assigned to Human Resources Command and Maj. Annmarie Amaral, Army Reserve Winner working at DeWitt Army Community Hospital, Fort Belvoir, Virginia. Each recipient received a framed Phoenix Medallion in recognition for their Health Services Human Resources excellence. (Photo courtesy Capt. Jason R. Sepanic, Medical Service Corps, Office of the Chief, Medical Service Corps)



Lt. Col. Bob Knapp, Col. William P. Shea and Lt. Col. Mike Casey on graduation day from War College. Casey returned to the United States from duty in Iraq to complete the course and graduate. (Photo courtesy Mrs. Laurie Casey)

Do you have photos of Guardspeople doing their normal day-to-day work, or something unusual or interesting? If so, please send them to the Guardian at [ctguardian@ng.army.mil](mailto:ctguardian@ng.army.mil) or [debby.newton@ng.army.mil](mailto:debby.newton@ng.army.mil). We will run as many as we can. Please send photos as separate jpeg files, not as the body of the email, with complete information to include: who's pictured, what they are doing, what unit they belong to and who took the photo.



Members of Co. G, 126th Aviation show off their desert camouflage uniforms before leaving Fort Dix for Iraq. (Photo courtesy Sgt. 1st Class Barbara Pepin, Co. G, 126th)



# Additional legislation passed by the CGA benefits National Guard members, retirees, veterans, families

SGT. 1<sup>ST</sup> CLASS DEBBI NEWTON  
STATE PUBLIC AFFAIRS NCO

*(Editor's Note: The September issue of the Guardian explained 15 pieces of legislation passed by the Connecticut General Assembly during its last legislative session. Part 2 of the series continues here with a discussion of several more pieces of legislation.)*

It was a busy and extremely successful legislative session for the Connecticut National Guard community this year. While not everything proposed made it through to become law, more than 20 pieces of proposed legislation did. Much of what was proposed last year will be looked at carefully for proposal again this year, as will several additional concepts and ideas.

Here is a synopsis of some additional pieces that became or will become law.

## Funding for Military Assistance

Under this section of Public Act 05-3, the sum of \$60,000 was appropriated to the Military Department for the fiscal year ending June 2006 for Military Assistance, and the sum of \$60,000 was appropriated to the Military Department for the fiscal year ending June 2007 for Military Assistance. The funding is to be transferred to the Department

of Veteran's Affairs for Personal Services for said fiscal years for the veterans' contact list and registry. (See the September issue of the Guardian for an explanation of the veterans' contact list and registry.)

## Fifty Percent Exemption of Military Retirement Pay from State Income Tax

Public Act 05-251 provides this exclusion to the extent properly included in gross income for federal income tax purposes, fifty percent of the income received from the United States government as retirement pay for a retired member of the Armed Forces of the United States as defined in Section 101 of Title 10 of the United States Code or the National Guard, as defined in Section 101 of Title 10 of the United States Code shall be exempt from State Income Tax beginning in tax year 2008.

## Indemnification

Public Act 05-79 states that National Guardsmembers will be indemnified for personal liability for damage or injury, not wanton, reckless or malicious, caused by the discharge of his or her duties or within the scope of his or her employment when duty is being performed by the armed forces of the state while under state active duty.

## Websites of Legislative Interest

- U.S. Senate: [www.senate.gov](http://www.senate.gov)
- U.S. House of Representatives: [www.house.gov](http://www.house.gov)
- Thomas: [thomas.loc.gov](http://thomas.loc.gov)
- The White House: [www.whitehouse.gov](http://www.whitehouse.gov)
- Connecticut General Assembly: [www.cga.ct.gov](http://www.cga.ct.gov)
  - Members: [firstname.lastname@cga.ct.gov](mailto:firstname.lastname@cga.ct.gov)
- EANGUS: [www.eangus.org](http://www.eangus.org)
- NGAUS: [www.ngaus.org](http://www.ngaus.org)
- NGACT: [www.ngact.com](http://www.ngact.com)

(See the Legal Affairs column in this issue for a more detailed explanation.)

in lieu of five bronze stars. The ribbon may be awarded posthumously.

## Mobilization Service Awards

The Adjutant General may issue an appropriate service ribbon to members of the National Guard or organized militia who were called to active service in the armed forces of the state or United States for at least 30 consecutive days in support of any military operation commencing after September 11, 2001, during a time of war, as defined in section 27-103. A bronze service star shall be issued in lieu of succeeding awards and a silver service star shall be worn

## Workers' Compensation Benefits

Under Public Act 05-236, National Guardsmen or other armed forces of the state member called to state active duty by the governor shall in effect be treated as a state employee for Workers' Compensation coverage for the duration of the state active duty orders only. If a servicemember is injured or falls ill as a result of his or her performance of active duty service, he or she will be entitled to all coverage applicable under Workers' Compensation.

# General Mosley swears in as Air Force's 18th chief of staff

1<sup>ST</sup> LT. TIM DOUGHERTY  
AIR FORCE PRINT NEWS

Gen. T. Michael Moseley was sworn in as the Air Force's 18th chief of staff in a ceremony at Andrews Air Force Base, Md., Sept. 2 that also featured the retirement of Gen. John P. Jumper after 39 years of service.

Acting Secretary of the Air Force Pete Geren presided over the ceremony. Also taking part in the ceremony were Secretary of Defense Donald H. Rumsfeld and Chairman of the Joint Chiefs of Staff Gen. Richard B. Myers.

Rumsfeld thanked General Jumper for his "exemplary service" to the nation.

"Nowhere except in the military service can you wake up every day and know that our country is safer because of you," said. "John Jumper, you can do that literally every day for the rest of your life."

"You've given us a great Air Force," Moseley told Jumper during the ceremony. "We are all going to make it our life's work for you to be proud of us and to continue on the path that you have given us. It is our continued promise that we Airmen will be the best in the world at what we do — dominating air and space."

Geren said the Air Force is in good hands with Moseley.

"With General Jumper's retirement this is a

bittersweet day for the Air Force," Geren said. "But we're gaining a new chief of staff who has been proven in battle over Iraq and Afghanistan. As the vice chief, he has been directly involved in running the Air Force for the last two years, and he's ready."

Myers said there is no better Airman to take the reins of the Air Force than Moseley.

"General Moseley knows a lot about how to deliver air power and what kind of air power to deliver to make effects happen on the battle space," Myers said. "During this critical time, General Moseley and his wife are exactly the right people, and we welcome them on board."

Moseley said the continued success of the Air Force hinges on the efforts of thousands of Airmen engaged in combat operations worldwide or performing humanitarian relief in the tragic aftermath of the hurricane on the Gulf Coast.

"This magnificent Air Force is engaged across the globe," Moseley said. "The Airmen you see here today, and watching this ceremony around the world, are our greatest resource and our greatest power. These Airmen are what makes the Air Force the most powerful air and space force in the world."



Gen. John P. Jumper (left) passes the Chief of Staff Guidon to Gen. T. Michael Moseley during a ceremony at Andrews Air Force Base in Maryland Sept. 2. Jumper served in the Air Force for 39 years. Moseley served as vice chief of staff of the Air Force before being sworn in as the 18th Air Force chief of staff. (U.S. Air Force photo by Master Sgt. Jim Varhegyi)





# ESGR hosts Open House at Rocky Hill headquarters

**RONALD E. LEE, 1<sup>st</sup> SGT. (RET.) USAR**  
**CT-ESGR PUBLIC AFFAIRS CHAIRMAN**

On Sunday, Aug. 21, the Connecticut Committee for Employer Support of the Guard and Reserve (CT-ESGR) opened the doors at its headquarters facility for the Official Grand Opening Open House Ceremony. The CT-ESGR Headquarters and Connecticut Veterans Center is located at 196 West Street, Rocky Hill, Conn. and includes offices for ESGR, the Viet Nam Veterans Association, and now, the Give2the Troops office.

The Open House Ceremony is an acknowledgement of the Rocky Hill location that serves as a headquarters for the committee's daily work, training, and Employer Outreach Program in order to show respect and support for Connecticut's employers and their shared employees who serve in the National Guard and Reserve.

The facility was obtained through an agreement with Commissioner Linda Schwartz of the Connecticut Department of Veterans Affairs and has been refurbished through the volunteer work of committee members and donations received from supportive companies and businesses.

The event was intended to showcase the facility and the important work done by the ESGR members as well as employers and members of the military.

In preparation for this event, many ESGR volunteers as well as friends, family, relatives and employers who participated in the ESGR-sponsored "Bosslift" to

Colorado all volunteered countless hours to sweep, swab, wax and buff the facility as well as to give it a fresh coat of paint. The results were amazing...some walls were painted in USMC digital camouflage while others were done in traditional Woodland or Desert pattern BDU motif and appropriate posters and banners were hung to depict the contributions of all five branches of our military.

An unexpected guest was Howard Whittaker of Windsor Locks, father of ESGR member Darlene Delaney. Whittaker is a USMC veteran of WWII and a survivor of the battle for Iwo Jima as well as various other campaigns in the Pacific. He was presented a "General's Coin" by Maj. Gen. Laich of the 94<sup>th</sup> RSG and received a standing ovation in salute to his service to America.

The guest speaker was Phillip Pope, Deputy Executive Director of the National Committee for Employer Support of the Guard and Reserve (NCESGR) in Arlington, VA. Pope recognized the volunteer work of members of the Connecticut Committee as well as ESGR committees throughout the United States, Puerto Rico, Guam and Europe. He commented on the fact that, to his knowledge, Connecticut was the only committee to have acquired a facility such as our Rocky Hill site, and acknowledged that it was through our programs, specifically the "Bosslifts" that contacts were made which led to our moving into this geographically central location that enables all members as well as employers and/or military service members to have an excellent location to work, train and meet to resolve problems and concerns.

Another part of the program included the

opportunity for Patriotic Employers such as Magellan Health Services of Farmington and Liberty Bank of Middletown to sign "5-Star Statements of Support" of the National Guard and Reserve Components.

René Lerer, president and chief operating officer for Magellan signed the statement for the nation's leading behavioral health disease management firm while Laich and CT-ESGR State Chairman looked on. David Ritz, Director of Human Resources and Employment Management, who signed for Liberty Bank, followed this. These are the two newest companies in Connecticut to join numerous other signers who have pledged to support employees who serve in the Guard or Reserve.

The CT-ESGR Committee would like to thank everyone who helped to make this an exceptional event, specifically Cheryl Pelletier (Connecticut Air Guard) of Cheryl's Creative Palate and her team for the catering and serving, Seb Milardo of Melilli Bakery, Middletown & Cromwell for providing fabulous Italian pastries and deserts, and Richard Charamut, General Manager of Sign Pro in New Britain for donating a sign that provided the finishing touches to our marquee. The sign expresses the basis for our Committee's existence: **"Providing National Defense requires those willing to serve and those who respect and support that service."**

The Connecticut ESGR Committee includes 50 volunteers who work under the auspices of the Department of Defense. The mission is to gain and maintain support from all public and private employers for the men

and women of the National Guard and Reserve as defined by demonstrated employer commitment to employee military service.

The Committee provides free education, consultation, and if necessary mediation for employers and their Guard and Reserve employees. ESGR's goal is to support America's employers who share their employees with the nation to ensure our national security.

We can be contacted by calling (860) 721-5903 or on the web at [www.ctesgrlew.com](http://www.ctesgrlew.com).

Everyone is invited to stop by to visit our facility at 196 West Street, Rocky Hill or to attend our monthly training meeting that is held on the last Tuesday of each month beginning at 6:00 p.m. We encourage all service members, whether active duty, National Guard or Reserve, to contact us or come in and talk about their experiences and let us know what we can do to help.



*The Joint Service Honor Guard stands outside the door of the new ESGR headquarters building. (Photo courtesy of ESGR)*



*Maj. Gen. Laich and Lew Vasquez (ESGR) look on as Rene Lerer, president and chief operating officer for Magellan Health Services of Farmington, signs a Statement of Support with ESGR. Statements such as these provide tangible evidence that a company supports the goals and objectives of ESGR. (Photo courtesy ESGR)*



*Visitors to the ESGR Open House in Rocky Hill listen as Maj. Gen. Laich has a conversation with one of the supporters. (Photo courtesy of ESGR)*



# Connecticut Military Department News

## Presenting the Colors



*The color guard of the First Company Governor's Foot Guard presents the colors at the Public Service Awards presentation ceremony held in the Thaddeus Torp Theater in Lawrence Davidson Hall on the campus of Central Connecticut State University, hosted by Secretary of State Susan Bysiewicz. (Photo courtesy of Sgt. Kevin Cormack, First Company Governor's Foot Guard.)*



*The First Company Governor's Foot Guard presents the colors at the 99th Grand Nest Convention of the Honorable Order of the Blue Goose (a fraternal organization of men and women who work in the property/casualty insurance industry) held at the Grand Pequot Hotel on the Mashantucket Pequot nation. (Photo courtesy of Richard Chenard, a convention attendee from Michigan)*

## Tribute to a Horse Soldier: Remembering Warren J. Lane

**CAPT. (RET.) GARY F. BROOKS**  
FIRST CO. GOVERNOR'S HORSE GUARD

Lt. Col. Warren J. Lane. What can be said about him? He was a family man, a Soldier, a friend and a comrade in arms. All these thoughts flashed before me as I heard the sound of hoofs from a single riderless horse on the pavement, in front of a line of Soldiers in a solemn march; proceeded by the coffin draped with the American flag.

The riderless horse was originally a military ceremony dating back to the days when the cavalry relied on equestrian transportation instead of motor vehicles. The ceremony of the riderless horse has come to symbolize the end of a unique relationship between the horse and its rider.

A special bond between horse and rider exists that can never be replaced by modern-day mechanical vehicles. Each learned the others cues, body movements, disposition and numerous other unspoken signals and when that bond is broken, the horse must learn to adjust to life minus its familiar partner. The ceremony today immortalizes this philosophy.

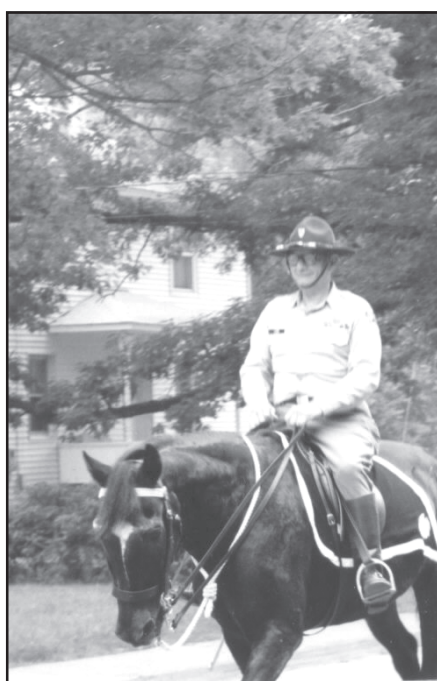
Warren was a father of two children, a daughter Cheryl and a son Peter and the husband of his wonderful wife Evelyn.

As his fellow troopers proceeded up the road on this August morning, the sounds of bag pipes playing the Gary Owen from atop the hill could be heard echoing through

the cemetery. Horse's hoof, Soldiers in a solemn march and bag pipes; what could be more fitting for a cavalry man on his way to Fiddlers' Green.

Warren was the last in our troop that had served at Fort Riley with the 5<sup>th</sup> Cav. 1<sup>st</sup> Cavalry Division. He left the 1<sup>st</sup> Company Governor's Horse Guards and joined the service Nov. 24, 1942, where he remained until Oct. 28, 1945.

He was a young man then, only 20-years-old when he landed on the island of Luzon as a member of the 1<sup>st</sup> Cavalry Division; only one of the regiments to hit the heavily fortified Japanese stronghold on March 9, 1945. Warren was a sergeant and machine gunner that day when he lost five men in his squad, leaving himself and the three remain soldiers to fight and push on. That is where Warren was hit with shrapnel and put in for the Bronze Star and Purple Heart, which he did not receive until 41 years later, when he was retiring as commanding officer from the



First Company Governor's Horse Guards.

The procession had reached the final resting place for this horse soldier. The pall bearers slowly carried their fellow comrade in arms and friend to a place under a big oak; placing the casket down and coming to attention. Their salute slow and solemn with reverence befitting the officer they lay to rest. Turning left and right and marching off to take their place in ranks, they were replaced by the honor guard from the First Company Governor's Foot Guard who raised and held the American flag taut over the casket as honors were paid for a departed Soldier.

The order to present arms was given, as a volley from the rifle squad rang out in salute. Then the sound of the bugle playing Taps echoed in reverence. The bugler holding each note, not wanting to let go, but saying farewell to a fellow Soldier and friend on his way to Fiddlers' Green. In a shady meadow green are the Souls of all dead troopers camped near a good old-time canteen, and this

eternal resting place is known as Fiddlers' Green.

The American Flag was then folded and presented to the commanding officer, who in turn presented the flag to the family as a token of appreciation from a grateful nation.

As the flag was passed on in appreciation so have you passed on so much to us. Your knowledge and training in the Cavalry ways, so that we may keep alive the traditions and history of the cavalry and pass that on to those that come after us, along with your friendship which we will always cherish will never be forgotten.

One day we will all meet up to mount our horses and ride together again. Until that time Warren, may the wind be at your back and the sun in your face, until that time, goodbye old friend. You will be missed by so many. But perhaps you will be missed most by a single Soldier and old friend who stayed behind to throw a handful of dirt and say simply, see ya Sparky. As he walked away I knew no more could be said than that which your old friend and pal had said...See ya Sparky.

*(Editor's Note: Sgt. Maj. Susan D.S. Deane, 1<sup>st</sup> Company Governor's Foot Guard also contributed to this article.)*



# QRF assists Katrina victims in Louisiana







The Connecticut Guardian received more than 1,100 photos from QRF members upon their return from Louisiana. They were compiled from several members of the QRF onto two CDs, so it is impossible to identify here who took them or to provide individual ids for them. This is a representative sample of those photos. We will let the photos speak for themselves. Next month we will feature photos provided by the 1048th Truck Company.







# Good memories with good people...Connecticut National Guard retirees gather for 30th annual picnic

1ST LT. CELINE T. MARINI  
ASSISTANT STATE PAO

Connecticut National Guard's 30th Annual Retiree's picnic took place on Aug. 17 at The Point on Camp Rell. This annual event, which was started by Brig. Gen. Paul Deseo 30 years ago and is currently run by Col. (Ret.) Bob Kelly, had the largest turn out yet with more than 300 National Guard members showing up.

One couldn't have asked for a more perfect day. The afternoon was filled with lots of laughs, memories and smiling faces, as the retirees reminisced about the good 'ole days. They also had a moment of silence as they remembered fellow National Guard Soldiers who have passed over the year.

Many of the retirees said they come from all over the United States for this event every year. It's hard to keep in contact with everyone, with today's busy lives and they know by coming to this annual event they will be able to see old friends.



Sgt. 1st Class (Ret.) Earl Genero (back) served 32 years with the 712th Heavy Equipment Company, Sgt. Maj. (Ret.) Jimmy Ravita (left) served 38 years with the 43rd Brigade and Master Sgt. (Ret.) Albert Bettua joined the Guard in 1950. (Photo by 1st Lt. Celine T. Marini, Assist. State PAO)



Left to Right: Flying Yankees, 103rd Fighter Wing, Chief Master Sergeant (Retired) Jess Wagner and Master Sergeant (Retired) Richard Remlinger, were the only 2 Air Guard retirees that attended the picnic. Combined they served 68 years in the Connecticut National Guard. (Photo by 1st Lt. Celine T. Marini, Assist. State PAO)



Col. (Ret.) Thomas P. Thomas, Command Sgt. Maj. (Ret.) Jimmy Vann, Col. (Ret.) William Coffey and CW4 (Ret.) Joe Palmisano proving that boys will boys. (Photo by 1st Lt. Celine T. Marini, Assist. State PAO)



Retired members of the 238th Service and Supply Battalion enjoyed the many opportunities throughout the day to catch up with old friends, laugh at past foibles and share many memories. (Photo by 1st Lt. Celine T. Marini, Assist. State PAO)



Current and former State Command Sergeants Major: Command Sgt. Maj. Raymond Zastaury, current State Command Sergeant Major, Command Sgt. Maj. (Ret.) Anthony Savino and Command Sgt. Maj. (Ret.) Jimmy Vann. (Photo by 1st Lt. Celine T. Marini, Assist. State PAO)



## Military Matters

### DoD announces increased SGLI coverage

U.S. DEPARTMENT OF DEFENSE  
OFFICE OF THE ASSISTANT SECRETARY OF DEFENSE (PA)

The Department of Defense announced the Servicemembers' Group Life Insurance (SGLI) maximum coverage increased to \$400,000 on Sept. 1, 2005.

On that date, all members eligible for SGLI were automatically insured for the maximum coverage of \$400,000. The monthly SGLI premium remains \$3.25 per \$50,000 of coverage, so the monthly premium for full coverage will be \$26.00 beginning in September 2005.

These changes will not affect coverage under Family SGLI, which will continue under previously existing elections.

A member, who wishes to retain the \$400,000 of coverage with beneficiary designations as before Sept. 1, 2005, does not need to take any action. The \$400,000 of coverage will apply along with the new premiums and beneficiary designations will remain the same as those in effect before Sept. 1, 2005.

Even members, who had previously declined SGLI coverage or elected less than the maximum coverage, were automatically covered for \$400,000 on Sept. 1, 2005. If they wish to again decline or reduce the coverage,

they must complete a new SGLV 8286 form (September 2005 version) indicating the amount of coverage desired including no coverage if applicable.

If the member properly completed and submitted the form before Sept. 30, 2005, the member is not be liable for the September 2005, premium associated with the reduced or declined portion of coverage.

This gives members 30 days to reduce or decline unwanted coverage without charge. Units will be asked to process elections as expeditiously as possible to avoid the necessity for corrections in financial transactions.

The Defense Finance and Accounting Service will refund premiums deducted for coverage in September, when the member files a valid election to reduce or decline the coverage between Sept. 1-30, 2005.

The new SGLV 8286 form is available on the Department of Veterans Affairs Web site at <http://www.insurance.va.gov>. Entries can be made on the page and then downloaded.

Valid SGLI elections become effective the first day of the month after properly submitting the election form. So, all members of the uniformed services were fully insured for \$400,000 throughout the month of

September 2005, regardless of any election filed before or during September, 2005.

If a member died in September after completing an election for reduced coverage or no coverage, the member's beneficiaries will still receive a \$400,000 payment. Those electing to decline or reduce coverage during September will essentially receive the September automatic coverage at no cost.

Members who do not make an election to reduce or decline coverage from the \$400,000 level before Oct. 1, 2005, will pay the premium for the full \$400,000 of coverage for September as well as for any other month in which the level of coverage remains in effect.

When a member properly completes and submits SGLV Form 8286 on or after Oct. 1, 2005, to reduce or decline coverage, the reduction is effective the first day of the month after the form is properly submitted.

Changes to SGLI program, such as an increase in the maximum level of coverage, are a matter of law. This change was made in the Emergency Supplemental Appropriations Act for Defense, the Global War on Terror, and Tsunami Relief, 2005 (Public Law 109-13, May 11, 2005).

### VA and Prudential Financial celebrate 40-Year partnership

VA NEWS RELEASE

Officials from the Department of Veterans Affairs (VA) and Prudential Financial, Inc., celebrated a unique partnership Sept. 29 on the 40th anniversary of the Servicemembers' Group Life Insurance (SGLI) program.

"Together, VA and Prudential have partnered to help provide financial security for the men and women defending the freedoms precious to all Americans," said the Honorable R. James Nicholson, Secretary of Veterans Affairs.

Congress created SGLI in 1965 to address the needs of service members for life insurance during the Vietnam War. Unlike previous government life insurance programs administered by the federal government, SGLI is a group policy, purchased by the Secretary of Veterans Affairs to provide coverage for service members who may have difficulty obtaining insurance due to risks associated with military service or because of service-connected disabilities.

Since 1965, Prudential has administered SGLI, providing financial protection for survivors of military personnel.

"It's an honor for us to provide this service to those that defend our way of life," said Prudential Chairman and CEO Arthur F. Ryan.



# Welcome Home

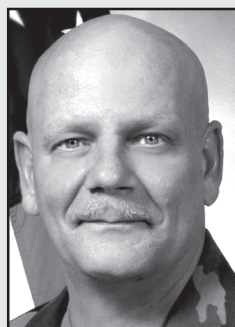
## 143rd Area Support Group!

### HANDYPERSON HOTLINE

CALL  
(860) 209-0770  
TODAY  
TO VOLUNTEER  
YOUR SKILLS







COMMAND SGT. MAJ.  
RAYMOND P. ZASTAURY

## Enlisted Update

*Busy month leads to lots to talk about, be proud of*

Welcome Home 143<sup>rd</sup> ASG!

It was a great honor and pleasure to greet the Soldiers of the 143<sup>rd</sup> Area Support Group when they returned to Wheeler Sack Airfield at Ft. Drum, N.Y. Brig. Gen. Martin and I shook every Soldier's hand, welcomed them home and thanked them for doing a great job as they got off the plane.

It was even more pleasurable to greet the Soldiers of the 143<sup>rd</sup> ASG as they got off the busses and were greeted by friends and family members at Newington High School on Saturday Oct. 1. The 143<sup>rd</sup> ASG Soldiers did an outstanding job during their deployment and deserve our gratitude.

I'd like to thank the family members that had to endure the hardship of being apart from their Soldier during the deployment. You are true heroes by allowing and supporting your loved ones that serve in our organization.

My personal thanks go out to all our Soldiers and Airmen for their outstanding performance and efforts in assisting the residents of the Gulf Coast after the devastating results from Hurricane Katrina. On very short notice, the Soldiers and Airmen of the Connecticut National Guard responded to the call. The 134<sup>th</sup> Military Police, 1048<sup>th</sup> Truck Company and our Quick Reaction Force (Army and Air), aided the relief effort tremendously.

I was there when each unit deployed to their Area of Operation and I was also there to welcome them home when they redeployed to Connecticut. Our State and Nation are proud of each and every one of them for their outstanding performance. And I am proud to say that many of the Soldiers and Airmen I spoke to when they returned, told me they were willing to redeploy again when and if they are called upon.

Many of the Soldiers and Airmen I spoke to also told me they that although the hours were long, performing a "Real World Mission" was most gratifying. Doing the jobs they were trained to do is very important to our Soldiers and Airmen. We must continue to build upon this positive experience and continue to realistically train our Soldiers and Airmen for State and Federal missions. Again thanks for a job well done, I salute you all!

The National Guard has proven once again that it can be depended on to get

the job done when duty calls. We must take advantage of all the positives related to the Guard's performance during our Nation's time of need. In order to continue to provide aid for Connecticut and other areas of the United States afflicted by a natural disaster, all our Soldiers and Airmen need to assist in recruiting new people to our ranks. I need all Connecticut National Guard Soldiers and Airmen to talk to members of your community - convince them to become members of our organization. It is imperative that every Soldier and Airmen (Officer and Enlisted) assist our recruiters in increasing the strength of our Connecticut National Guard.

I also want to thank all the civilian volunteers that assisted the Connecticut National Guard with receiving and preparing the donations for shipping to aid the victims of Hurricane Katrina. Many volunteers spent countless hours receiving, sorting and palletizing disaster relief goods dropped off at seven of our Armories. In fact, there were more than 5,000 civilian volunteers that participated in helping at the Hartford Armory alone. Connecticut's effort resulted in the shipping of 3,184 pallets of donated supplies to the Gulf Coast region for disaster relief. Thanks for a job well done to one and all.

It was great time had by all at the Retirees' Picnic at Camp Rell in September. It was wonderful seeing many old friends again. It is amazing to me that every retiree I see has an ear to ear grin when I ask, "So how is retirement going for you?" You served our State and Country well and truly deserve our gratitude. I hope to see you all at next year's picnic.

NCOER season is approaching again. All leaders must ensure their rated Soldiers' NCOERs are completed and submitted in a timely manner. Leaders must take the time and effort to properly counsel their Soldiers. AR 623-205 Noncommissioned Officer Evaluation Reporting System Paragraph 1-9 Overview is a reminder of the importance that each Soldier receives an honest and an accurate evaluation.

Lastly, let us not forget those Connecticut National Guard Members and all military personnel that are currently deployed. Please join with me in keeping them and their families in your thoughts and prayers until they all return home safely.

## Promotions

### Army National Guard

#### To Sergeant 1st Class

Chris Nicholson, Det 6 APN Support

Larry T. Walton, JFHQ-CT

#### To Staff Sergeant

Edward R. Shaw, Det 1, 101st FA Bn  
Latsam Chanthavong, Co C, 280th Sig Bn  
Michael E. Lorenz, Co A, 1/102nd Inf  
Michael Hemingway, Co C, 280th Sig Bn

Benjamin E. Hotchkiss, , Det. 1, 101st FA Bn  
Matthew D. Summers, 1109th AVCRA  
Jonas Dorissaint, 103rd Chem Co  
Anthony J. Ragno, Co C, 280th Sig Bn

#### To Sergeant

Ted Majocha, HHC 1/102nd Inf  
Hans W. Lowell, 250th Engr  
Marvin A. Jones, 143rd MP Co  
Michael J. Sargunas, CTARNG Med Det  
Debra A. King, Co C, 280th Sig Bn  
Andrew Borysewicz, Co C, 280th Sig Bn

Marc E. Butler, Co A, 1/102nd Inf  
Jake C. St. Pierre, HHC, 143rd ASG  
Jessica M. Campanro, CTARNG Med Det  
Michael C. Levasseur, HSC, 118th Med Bn  
Jennifer B. Cole, Co C, 280th Sig Bn

## Uruguayan Army parachute team places first in international competition



The Uruguayan Army's parachute team, part of the 14th Special Forces Battalion in Toledo, Uruguay, placed first in the annual "Leapfest" international parachute competition in Rhode Island, Aug. 8 - 14, 2005.

The Uruguayans were visiting Connecticut and Rhode Island as part of the State Partnership for Peace Program and are partnered with Connecticut.

The Uruguayan team finished in first place, beating 52 other international parachute teams including teams for the U.S. airborne and special forces units. This is an extremely competitive grouping of U.S. and foreign military free-fall parachute jumpers.

The Uruguayan Army has recognized their team's accomplishments with the award of the prestigious "Medalla 18 Mayo de 1811" in a ceremony August 29, at the 14th Battalion Headquarters. Lt. Gen. Angel Bertolotti presided over the ceremony. (Photo by Uruguayan Public Affairs Office)





# Homefront

## In defense of Connecticut's children: The Front Lines

1<sup>ST</sup> LT. CHRISTOPHER MORGAN  
DDR

Last month the Connecticut Counterdrug Program served in support of several cities and their Weed & Seed programs.

These Weed & Seed programs work day in and day out on the front lines defending Connecticut's youth in the war on drugs. The Connecticut Counterdrug Program is proud to stand side by side with these programs in our own war effort.

Last month, Bridgeport, New Britain, Willimantic and New Haven selected several youths from their respective communities to attend week long residential summer camps run by Weed & Seed mentors in conjunction with Connecticut Counterdrug staff.

In this day and age of joint operations and force multipliers, the Weed & Seed summer camps offer an interesting look at both concepts.

The overriding goal of the Weed & Seed residential camp is to provide a controlled environment where the selected youth ranging in age from nine years old to age thirteen have an opportunity to create and build relationships with mentors. These

mentors tend to be local police officers but are not limited to them. Teachers, social workers and even full time parents have participated as mentors.

Uniquely, the mentors of this program commit to a years worth of mentoring activities where the residential camp is but the kick off event.

The scene is inspiring when you witness parents, teachers, policemen and Soldiers joining together to positively impact a child's life. Each entity bring different skill sets to the table yet all that are involved sharing the common goal of arming our children with the skills to avoid drugs and all their false promises.

Individually not one group would be capable of accomplishing such a massive task, but together working such a task is possible.

The selected kids arrive at camp unsure of what is ahead and relatively undisciplined. Five days of structured time and good orderly direction never fails to create an impression. The key to the week is the relationship the mentors build with the children

In order to capitalize on the week's lessons and growth, following up with the children is vital in order to sustain progress and

movement away from the multitude of risk factors associated with getting caught up in the tangle of drugs and the drug culture.

When the mentor forms a bond with the child, that trust becomes a force multiplier in the community.

When the child is away from a controlled environment like the camp successful relationships often translate into successful community policing.

Far more important, is the increase in the resiliency skill set the children develop thus beginning the process of learning how to police themselves before trouble has a chance to catch up to them.

This form of force multiplication is similar to the notion of addition by subtraction.

One child at a time we can defend our children and protect our nation.

Make no mistake about it these kids walk the front lines every day. Most days are good but like any combat unit, our children need the support of organizations like Weed & Seed who are out there with them every day making a difference. Their joint outlook on how to wage the war on drugs and multiply the forces defending our children is a fascinating model of action to follow.



## CLEP testing saves money, time, headaches

SENIOR AIRMAN CHRISTIAN MICHAEL  
1<sup>ST</sup> FIGHTER WING PUBLIC AFFAIRS

There is a way for Airmen and Soldiers to earn their degrees using knowledge gained from work and personal study, while at the same time saving money and shortening time spent in classes.

The College Level Examination Program and the Excelsior examination program are available to servicemembers in pursuit of a college degree.

These programs save students time, money and encompass a large variety of courses.

They are in high demand because they can eliminate general course credits. While military education does cover some general education requirements, it does not cover or is not accredited in class like English composition, mathematics, natural science, social science, history and humanities.

However, CLEP general exams cover most first-year level college work, according to Rozzie Lovett, the education services officer at the Langley Education Center, Langley Air Force Base. CLEP subject exams usually cover a wide range and variety of subjects and fields which can be applied toward higher-level requirements. The examination program, along with Excelsior exams, also cover subjects that are more specific to degree programs, though they usually do not exceed second-year college level exams.

Except for specialized exams, such as speech, which requires a taped impromptu speech, most exams are uniform in nature.

"The CLEP general examinations are timed and multiple choice; the subject exams are timed also, but are not multiple choice" Lovett said. "Test results are usually received at the education center three to six weeks after the test date."

There are so many benefits to taking CLEP exams, she said. It saves students and the government money; students don't have to pay for school time, books, gas or living costs that can build up



*Feel like your wasting time or money on subjects you already understand? Try taking a CLEP test to expedite your college degree. (U.S. Air Force photograph illustration by Airman 1<sup>st</sup> Class Austin Knox)*

while attending school.

Passed exams have saved the government more than \$300,000 in the past year in class costs and other fees, Lovett said. That does not include how much money students have saved paying for the courses.

Tech. Sgt. Edward Perry, the 1st Fighter Wing command chief assistant at Langley, has completed four exams within the past year toward his speech, humanities, ethics and English courses. Working toward a bachelor's degree in construction technology, he finds the monetary benefits the best part of the program.

"It doesn't cost a dime for military members," he said, "I can get college credit toward a degree with information I already know."

CLEP and Excelsior exams are free for active-duty military members, free or a minimal cost to reservists and guardsmen, and are relatively inexpensive for dependents and retirees. On top of the low cost and convenience, there are great benefits for the CLEP exams that keep students coming back.

"Students can take as many CLEPs as they want in any period of time," said Lovett. "If they fail one, however, they cannot retake the exact same test for another six months."

"It's a great benefit for those of us in the military who have our time spent in so many other directions, because we can work toward our degree while still doing our duty," he said.

He also pointed out the value of receiving credit for knowledge gained and practiced elsewhere.

"Why would I want to take a class in a subject I'm already well-versed in?" Perry said. "Because of these tests, I spend less time in class. This frees me up for other classes I need."

According to Perry, CLEP subject study books at the base library can prepare students to take the test.

For more information on military education programs call your base education office.



## Pay rules change for general schedule employees

AIR FORCE PRINT NEWS

The Office of Personnel Management recently amended the rules governing pay setting for employees covered by the General Schedule. The rules implement section 301 of the Federal Workforce Flexibility Act of 2004.

The act's primary purpose is to correct various pay anomalies relating to the administration of special rates, locality rates and retained rates.

The new rules now treat locality rates and special rates in a consistent way, resulting in pay rules that are more rational and fair, according to OPM officials. Also, because the act became effective May 1, the new pay administration rules must be made effective retroactive to that date.

A few of the key changes made by the act and OPM's regulations, and some of their resulting impact to the workforce include:

— Locality rate (basic pay plus locality pay), instead of just basic pay, is now considered in applying various pay-setting rules such as maximum payable rate, promotion and pay retention. As a result, non-GS employees moving to GS positions

may be set in a lower step and fewer actions will result in pay retention since locality rate is higher than basic pay.

— Locality rates will be taken into account when applying pay retention rules. Locality pay will no longer be paid on top of a retained rate. Retained rates will be compared to the highest applicable rate range (as adjusted to include any locality or special rate supplement).

— Entitlement to a special salary rate ceases if the employee is entitled to a higher locality rate. As a result, even though an employee receives the same total salary, the base rate is less and full locality is paid. Since retention allowances approved prior to May 1 were computed as a percentage of an underlying special salary rate rather than the underlying basic rate, the amount of any retention allowance will also be reduced when the special rate entitlement ceases. The reduction of retention allowances is not subject to appeal.

More information on the new pay administration rules is available at [www.opm.gov/oca/compmemo/2005/2005-10.asp](http://www.opm.gov/oca/compmemo/2005/2005-10.asp). Employees with questions should contact their local civilian personnel office.

## Hundreds of NCOs face retraining into new specialties

More than 3,000 staff, technical and master sergeants have been identified to receive retraining vulnerability notices under the initial phase of the Air Force's fiscal 2006 Noncommissioned Officer Retraining Program.

The retraining program is designed to help balance the enlisted force by moving NCOs in specialties with surpluses to those with shortages. As part of Phase I of the program, scheduled for Aug. 1 to Oct. 14, Air Force officials notified NCOs as vulnerable to retrain.

Officials asked these Airmen to submit their choices of shortage career fields they would most like to retrain into or to apply for special duty assignments no later than Oct. 14.

If voluntary measures are unsuccessful, the Air Staff will implement Phase II, involuntary retraining. In Phase II, individuals identified as vulnerable in Air Force Specialty Codes not meeting retraining-out objectives, and without approved retraining or special duty assignments by Oct. 14, will be involuntarily retrained.

"This phase of the retraining program is necessary to help meet the needs of the Air Force by putting Airmen where they are

needed most," said Tech. Sgt. Catina Johnson-Roscoe, the noncommissioned officer in charge of Air Force Enlisted Retraining at the Air Force Personnel Center at Randolph Air Force Base.

Major commands will continue to accept volunteer applications from individuals not identified as vulnerable. Additionally, they will encourage all eligible NCOs to consider special duty assignments such as recruiting, military training instructors, first sergeant duty or professional military education instructor, Johnson-Roscoe said.

"Now is the time for those who have been identified for possible retraining to volunteer," said Chief Master Sgt. Terry Reed, chief of AFPC's Skills Management Branch. "It's up to each Airman, but if it were me, I'd think having control over my career would be a priority."

Vulnerability listings by grade and AFSC were posted on AFPC's web site Aug. 1 and will be updated weekly at <https://www.afpc.randolph.af.mil/enlskills/retraining/retraining.htm>.

Anyone interested in more details about the program can contact his or her local military personnel flight. (Courtesy of AFPC News Service)

## New flag-folding script focuses on history, AF significance

STAFF SGT. C. TODD LOPEZ  
AIR FORCE PRINT NEWS

Air Force leaders recently approved a new script that can be read during flag-folding ceremonies.

Though there are no official ceremonies in the Air Force that require a script to be read when a flag is folded, unofficial ceremonies such as retirements often do, said Lt. Col. Samuel Hudspath, Air Force protocol chief.

"We have had a tradition within the Air Force of individuals requesting that a flag be folded, with words, at their retirement ceremony," he said. "This new script was prepared by Air Force services to provide Air Force recognized words to be used at those times."

There is no shortage of scripts available that can be read aloud during a flag folding, but many of those scripts are religious in nature and also ascribe meaning to the individual folds put into the flag. One of the oldest of those scripts is attributed to an anonymous chaplain at the U.S. Air Force Academy.

Individuals who hear those scripts tend to attribute the contents of the script to the U.S. Air Force. But the reality is that neither Congress, nor federal laws related to the flag, assign any special meaning to the individual folds. Hudspath said that was the primary motive for creating a new flag-folding script.

"Our intent was to move away from giving meaning, or appearing to give meaning, to the folds of the flag and to just speak to the importance of the flag in U.S. Air Force history," he said.

The new script, approved in July, focuses on flag history and the significance of the flag within the Air Force: "Today, our flag flies on constellations of Air Force satellites that circle our globe, and on the fin flash of our aircraft in harms way in every corner of the world. Indeed, it flies in the heart of every Airman who serves our great nation. The sun never sets on our Air Force, nor on the flag we so proudly cherish," the new script reads.

The new script is available at base protocol offices for use by anybody who wants to lend significance to a flag folding, Hudspath said. The script will not be used at retreats or funerals, as those are silent ceremonies.

"These ceremonies are meaningful to individuals, especially at their retirement," he said. "We wanted to offer a script, containing factual information that shows respect for the flag and expresses our gratitude for those individuals who protect our country, both at home and abroad."

By October, officials said the Air Force will make a video available to protocol offices and honor guard units that demonstrates a flag-folding ceremony using the new script.



The U.S. Air Force Honor Guard holds a flag over a casket at Arlington National Cemetery in preparation for folding. This is one time in which the new Air Force Flag Folding Ceremony script may not be used. The script can be used at such ceremonies as retirements and is designed to speak to the importance of the flag to the U.S. Air Force. (Photo from the Arlington National Cemetery Website.)





# Guarding Your Rights

## Legal Affairs: *What happens if you are sued for actions incidental to service with the Connecticut National Guard?*

CAPT. TIMOTHY TOMCHO  
JFHQ-CT JAG OFFICE

A lawsuit is rare for claims arising from duty with the Guard, because under state and federal law there are statutes that either bar or limit a civil lawsuit for damages for action arising out of official duties as a member of the Connecticut National Guard.

Both state and federal law provides a member of the Guard with legal protection, both as to liability, and the right to a free defense and "indemnity." (Sec. 4-165, Conn. Gen. Stat., "Immunity of State Employees from Personal Liability" and 28 USC 2671-2680, Federal Tort Claims Act). The term "indemnity" means that if there is finding of liability, the state or federal government pays on behalf of the military member.

A lawsuit can happen, if, for example, you are driving a military vehicle on a weekend drill, and you rear-end a civilian vehicle that is stopped at a light. There is an exception to state immunity if a state employee (which includes a member of the Guard if not on federal duty) causes damage or personal injury by operation of a state-owned motor vehicle, Sec. 52-556, CGS.

The first thing to do if you have an

accident in a military vehicle, when on duty with the Guard, is to follow SOP as to giving and obtaining information. You must cooperate with the other driver in exchanging information, and immediately notify your superiors. Don't volunteer theories of what you think happened. Simply give the facts that you know. Don't admit anything. Make sure you emphasize that you are on duty with the Guard, and that you are acting in the scope of your duties as a driver of the military vehicle. If you are asked to make a written statement, ask for time to have it reviewed by JAG.

What happens if six months later, you receive a complaint by the civilian driver claiming that your negligent driving caused him damages and you have a date to respond to his complaint in court?

If a complaint is delivered to your home or through military channels, immediately contact JAG through the chain of command to find out what to do. If you were driving your own vehicle when on duty, you should also turn it over to your insurance carrier.

First, the State of Connecticut (or the federal government if you are on federal duty) owes a duty to defend you and

represent you in court so you don't have to hire your own attorney, if the lawsuit arises out of your activities as a member of the National Guard, and if you were acting in the course of your duties. Whether you are represented by the state or by an assistant United States attorney general depends upon whether you were on state or federal duty.

There is a limit to this legal protection. If you are being sued for something that is criminal, or outside the scope of your duties in the Guard (such as stealing a military vehicle when under the influence), then you may not have the legal protection of indemnity or a free defense, on the theory that the government should not subsidize lawless or criminal activity. If that decision is made, then you may have to pay for your own defense.

To protect yourself, it is advisable to take an active part in your defense. Keep a file with the legal papers, police reports, press reports (not only of the accident but also the exercise in which you participated) and witness statements. You often know more about the case than the attorney representing you, since you were there and

he was not.

This means that if you know that a witness is retiring and moving, call your lawyer and tell him, since he may take a deposition of the individual involved. If you give a deposition, make sure you are well prepared, have read your statements and the police reports, and have a chance to prepare with your attorney.

How you present yourself will make a big difference in the way that your credibility is judged. If you hesitate because you are not prepared, someone may think you are not telling the truth.

In the end, be assured that the law protects you if you do your job, since the federal and state government protects you from civil liability when performing the vital and sometimes dangerous job of serving in the Connecticut Guard.

*This article is not intended as and does not constitute legal advice. Specific legal issues are unique to each person and factual situation. Persons with legal issues are encouraged to personally consult with an attorney.*



## NGACT: Working for you



In the past, we've told you how busy the National Guard Association has been working on getting legislation passed to improve and increase benefits for our members, veterans, retirees and families. Three of our biggest successes at the state level have been passage of laws that provide for indemnification while on duty, access to Worker's Compensation while on State Active Duty and, beginning in 2008, 50 percent of retired military pay will be exempt from the state income tax.

While we are extremely proud of these successes and the passage of more than 20 other pieces of legislation, we still have work to do and we are gearing up for that right now.

But we need your help. We need you to join NGACT, the Enlisted Association of the National Guard of the U.S. (EANGUS) and the National Guard Association of the U.S. (NGAUS). These organizations are all strong advocacy voices here in Connecticut as well as on the Hill in Washington, D.C. Our voice can only be stronger the more members we have. Watch for more information on our upcoming memberships drives.

Thirteen enlisted members of NGACT

traveled to Orlando in August to attend the EANGUS National Conference. This was one of the biggest groups to represent Connecticut in a long time. Attendees actively participated in national meetings ranging from Retiree Affairs to Technician and AGR roundtables, from Public Affairs to Membership, from Legislative to Resolutions and many others of interest to our members. Our own president-elect, Debbi Newton, serves as the chairperson of two national committees: the Public Relations Committee and the Publications Committee.

Erin McNamara, the Airman of the Year for the Connecticut Air National, attended the National Conference for the first time and made a lasting impression on many of the national-level board and staff members. She very capably represented the interests and concerns of Connecticut's Junior Enlisted members and was asked by the National and Area 1 Junior Enlisted Advisory Committee Chairmen to serve or assist with their committees. She was also invited to participate in a round-table discussion on the creation of an "EANGUS for Dummies" book that would provide first time attendees basic information on what the conference is all about, what EANGUS does, a reference section of acronyms and definitions of terms used and how a caucus and conference are run.

Erin was also recognized during the annual awards banquet as was presented a

certificate from EANGUS for having been named Airman of Year. She was also chosen by her fellow Connecticut members to have the honor of carrying in the State of Connecticut flag during the Parade of Flags that starts the banquet.

Connecticut is very fortunate to have Airmen such as Erin.

Several officers have also returned from the NGAUS Conference held in Honolulu in September. They, too, enjoyed great success and left lasting impressions on national-level board members. President of NGACT, Bill Cusack led the delegation, with Celine Marini and George Worrall successfully representing Connecticut as the NGAUS Army and Air Secretaries, respectively.

In between the two national conferences, we hosted our 8<sup>th</sup> Annual Golf Tournament with proceeds benefiting the Connecticut Children's Medical Center pediatric cardiac wing and our own scholarship fund. (Our scholarship recipients will be announced in next month's issue of the Guardian.) Again, we had a successful event and were able to present a check for \$5,000 to the medical center.

Right now we are concentrating on national legislation, with TRICARE for All and earlier retirement ages still being viable possibilities (as of this writing).

With all of this behind us, we are now gearing up for the 2006 state legislative session and will be looking at getting legislation through this year that did not

succeed last year as well as some new ideas still being worked on.

We are also gearing up for our own annual state conference and the EANGUS Area 1 Caucus, which will once again be hosted by NGACT. Look for some changes to the state conference this year to include moving it back to a central location in the state, combining it with the EANGUS Area 1 Caucus to bring in more area and national representation and an awards banquet that will recognize some of our top corporate sponsors, state legislators and members.

This year's conference will be a big one for us as we will be electing our officers and several members of our Executive Board. We are seeking anyone interested in running for the President-Elect, Secretary and Treasurer positions, and one each Army and Air Officer, Army and Air Enlisted (E-1 through E-9) and Army and Air Junior Enlisted (E-5 and below) positions. Many of our current board members will be seeking re-election, but a little healthy competition never hurt anyone or any organization and can only make ours stronger.

We are also very pleased to announce that we have a new Website, although it is still under construction, at [www.ngact.com](http://www.ngact.com). In addition to NGACT information, it contains a page dedicated to the Bradley Air Base BRAC issues. We also have a new email address. You can contact us at [ngact2005@yahoo.com](mailto:ngact2005@yahoo.com). This address is checked a couple of times a day.



# Inside OCS

## Over thorns to stars: Finding the strength to overcome lack of motivation, discipline

OC BRIAN BURTON  
OCS CLASS 51

The August drill for Connecticut's Officer Candidate School was coordinated in accordance with the same high standards as all of our previous drills.

This was news for some of the candidates.

While Connecticut's 51<sup>st</sup> OCS class had finished Phase 1 maintaining a high level of motivation and discipline, the short time between training had seemingly drained our class of its intensity. This situation would lead to some important revelations about the nature of our training.

Friday night began with a false air of organization. We had finally finished preparing our staff brief, set up our training area and put together our barracks when first formation was called.

The most cardinal task of OCS had already been neglected. We were missing one of our classmates and didn't know exactly where he was. After being politely corrected we quickly moved to the classroom and started calming our nerves for the staff brief.

The brief went badly.

Each of us enrolled in OCS is a person who wants to stand out and be exemplary, however as Citizen Soldiers we need to recognize certain sources of adversity that may not pertain to all members of the military. I've come to recognize that shifting from civilian life to intense military training requires attention that not all of us paid last month.

The next morning began with little preparedness on our part as well. Our PT program was unsatisfactory and our motivation was still low.

This began the most intense day of training that I've experienced in this program. Our exhaustion led to more lack of motivation, which seemed to lead in an endless cycle. We were unable to run more than half a mile without stopping to get smoked.

Around mid-day, class 51 revolutionized itself.

Since we had been torn down we were determined to build ourselves back up. From that point forward we were more focused and motivated than I have ever seen us together. I was extremely impressed by the character of my classmates. I heard no complaints from

that point on, and we were all genuinely interested in setting each other up for success.

Our class leadership rose to the challenge, taking charge and organizing our time between training. Tasks were performed efficiently. Though we were all physically and mentally drained from the morning, we were a 100percent Go on our Force XXI testing, and we finally started looking and acting motivated for the first time all weekend.

We continued with this motivation through the next day. Sunday's PT was one where we pushed *ourselves* to the point of muscle failure, and still had the tenacity to be motivated about it.

We spent the rest of the day between classes executing the missions at hand, and planning what we were going to do for the next drill. Class 51 left Sunday evening with a clear vision of what we needed to do in the future, and how we each intended to meet and exceed expectations.

I joined OCS because I wanted leadership experience and a challenge. Most of leadership is example, and insofar as I wanted to learn how to be a leader I wanted to find out what I was made of.

During this drill I was forced to recognize that part of personal courage is realizing that you may have performed poorly and looked bad, but you must never step down or accept that things simply are the way they are.

For me, a good leader always impresses by the content of their character and their intelligence regardless of whatever ugly situation in which they find themselves.

I believe our change in spirit can be attributed to one thing: Pride. The class has come to expect that we will be PT'd past the point of physical tolerance, screamed at for seemingly inconsequential misjudgments, and deprived of a good night's sleep, but we have never as a class been embarrassed by our performance like we were.

We pulled together because in each member of our class there is a desire to rise above the ordinary. I'm proud that we as a class pulled ourselves out of what began as an abysmal failure, and I'm confident that this trait will take us far as leaders.

# Why Diversity?

## Hispanic Heritage Month celebrated in October

On Sept. 17, 1968, the 90th Congress passed public law 90-498 which declared that the week including Sept. 15 and 16 as "National Hispanic Heritage Week." Twenty years later, on Aug. 17, 1988, the observance of Hispanic heritage was expanded to a month, from Sept. 15 to Oct. 15. Designation of that time period took into consideration the celebration of Mexican Independence Day (Sept. 15) and Latin American Independence celebrations days (Sept. 15 and 16).

Numerous presidents including Gerald Ford, Ronald Reagan, George Bush, and William Clinton have recognized how far Hispanic heritage extends in our country (5 centuries) and the enormous contribution Hispanic Americans have made to our society. The Hispanic community was well settled and thriving in the states of Florida and New Mexico at the time the Pilgrim Fathers landed at Plymouth Rock. Saint Augustine, Florida, which was founded by Pedro Menendez de Aviles, is recognized as the oldest continuously inhabited city in the United States. Over the years, Hispanic Americans have made contributions to our country in the areas of the arts, entertainment, science, sports, national and world affairs, and human rights, to name a few.

There are approximately 29 million Hispanics in the United States which comprise almost 11 percent of the total population. Many Hispanic Americans trace their ancestral roots to the people of South and Central America, and the Caribbean including the Incas (South America), Aztecs (Mexico), Arawaks (Puerto Rico), and the Tainos (Cuba). Others trace their family roots to the Spanish explorers. In gathering census data, the U.S. Census Bureau identifies Hispanic Americans by the parts of the world they come from, including South or Central America, Mexico, Puerto Rico, Cuba, or Spain.

During this celebration of Hispanic Heritage Month, let us take the time to honor and recognize the Hispanic American Community.

### Hispanic Countries

- |             |             |                      |               |
|-------------|-------------|----------------------|---------------|
| • Mexico    | • Chile     | • Guatemala          | • Venezuela   |
| • Panama    | • Nicaragua | • Dominican Republic | • Costa Rica  |
| • Paraguay  | • Uruguay   | • Ecuador            | • Cuba        |
| • Peru      | • Spain     | • USA                | • El Salvador |
| • Argentina | • Colombia  |                      | • Bolivia     |
| • Honduras  |             |                      | • Puerto Rico |

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2005 HISPANIC HERITAGE MONTH CELEBRATION

**Hispanic Americans: Growing Connecticut's Future**

Keynote Speaker: Marilda Lara Gandara, President, Aetna Foundation

Shafer Hall Auditorium, Eastern Connecticut State University

Friday, October 14th, 2005

9:00am-11:00am

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# Health & Fitness



## Medical Notes

**COL. FRANK T. DiNUCCI**  
**RN, COHN-S**

At the end of every July the Medical Command provides medical assistance to the new officer candidates of the 169<sup>th</sup> Leadership Regiment.

Part of the service is to conduct daily sick call. By far, the most common injury seen at sick call is foot blisters; some officer candidates have multiple blisters.

Blisters are caused by increased sweating, pressure and friction to the area of the foot causing a bubble-like swelling containing fluid.

When a blister is formed, the person usually will find it difficult and painful to

walk. If left untreated it could lead to infection.

Most blisters are preventable by employing a few prevent measures:

1. If using boots wear the fuzzy side of the sock facing the boot.

2. Make sure your feet are dry, one recommendation from a podiatrist is to apply role-on deodorant to your feet, and this will help your feet stay dry.

3. If you notice a blister forming, change footwear immediately.

4. Do not buy shoes that are too small or too big for your feet - while at the shoe store try shoes on both feet and walk around to make sure they feel comfortable.

5. In some cases shoes and boots feel tight

even though they are the right size. In this case you can bring them to a shoe repair shop to have them stretched; also you can break them in by using them for short periods of time.

Other cases of blister can come from insect bites, sunburn, allergic reactions like poison ivy, toxic chemicals, viruses and systemic conditions.

The following are recommendation for treatment of blisters:

1. If a blister is developing keep it clean, dry and protected.

2. If the blister feels painful use tepid soaks with water and Epsom salts to help aid in resolution.

3. If there are any concerns, you should seek medical attention as soon as possible.

4. If you have any questions about proper foot care, please contact your local Podiatrist for help.

Some of the resources from this article came from following web sites <http://www.footsmart.com/HealthCondition.aspx> and <http://orthoinf.aaos.org>.

At the above site you will find information on many others areas of foot problems, such as Diabetic Foot Ulcers, Flat Feet, Falling Arches, Bunions, Tumors, and Athlete's Foot.

## Practicing good eye care, safety 'out of sight'

**STAFF SGT. BENJAMIN ROJEK**  
**325TH FIGHTER WING PUBLIC AFFAIRS**

The comic book hero Daredevil gained superhuman powers when he was blinded by toxic waste that hit him in the eyes. Unfortunately, outside of the superhero realm, anyone else would just be blinded.

Therefore, protecting eyes and keeping them healthy is paramount, said Maj. Ryan Traver, 325th Aeromedical-Dental Squadron optometry flight commander at Tyndall Air Force Base, Fla. While most people follow the rules and wear personal protective equipment such as safety glasses while at work, they tend to forget about it at home.

"One of the biggest injuries we get here is from people mowing the lawn without eye protection," Traver said. "We also get a lot of injuries from people working on their cars at home."

Lawnmowers can toss up rocks or chips of wood, while getting under the car for a routine oil change without goggles can cause bits of rust, or even oil, to fall into the eyes.

Using hazardous chemicals, small hand tools or riding a motorcycle are other activities in which people should wear protective eye equipment, said Ken Jolley, 325th Fighter Wing ground safety chief.

Common eye injuries also occur from not wearing protective eye gear while playing sports, Traver said.

"Many people wear safety glasses while playing racquetball, but they rarely wear them while playing football, basketball or baseball," he said. "(People) need protection when there are any flying objects about, which includes any ball sport."

People should also not forget about ultraviolet rays, the major said. Damage to the eyes can be prevented by wearing sunglasses with 100 percent ultraviolet blocking.

"It doesn't matter if they cost \$5 or \$400," Traver said. "Sunglasses are important. In fact, they make safety sunglasses for both sun and foreign object protection."

Another way people can protect their eyesight is by keeping their eyes healthy, the major said. Routine eye exams are extremely important.

"It varies by a person's age, but an average, healthy adult should get an eye exam every two to three years," he said. "Even if (someone does not) need glasses, everyone is susceptible to eye disease."

If caught early, doctors can take steps to care for eye disease, but people can help prevent infections by eating a healthy diet including green, leafy vegetables and properly wearing their contacts.

"(People should) never sleep in (their) contacts, no matter what the company says," Traver said. "The maximum amount of time people should wear them is 10 to 12 hours a day."

Experts here said it is important for everyone to make an effort to protect their eyes.

"You only have one set of eyes, and it doesn't take very much to injure them," Jolley said.



*Top: This safety shield is found in hardware stores. It fits over smaller glasses but sometimes fogs up. Bottom: These safety glasses have side shields that don't offer as*

*much protection, but they can take prescription lenses and don't fog up as much.*

**OFFICERS CLUB OF CONNECTICUT**  
**PRESENTS**

**OCTOBERFEST 2005**

**FRIDAY OCTOBER 28, 2005**

Cocktails 6:00 PM (German Beers on draft)  
Dinner 7:00 PM **\$25.00 plus T & T**

**MENU**

**Appetizers:** Harvest Bisque W/ Dark Rum

**Salads:** Warm German Potato Salad, Seasonal Greens

**Entrees**

Sauerbraten mit Rotkohl & KartoffelKlose  
(Marinated Pot Roast w/ Ginger Snap Sauce)  
Bratwurst mit Sauerkraut & Bratkartoffelin  
Black Forest Ham w/ Raisin Sauce  
Baked Trout a la Holstein (Egg, caper, anchovy sauce)  
Real German sauerkraut      Red Cabbage w/ Apples  
Potato Pancake w/ Homestyle Applesauce & Sour Cream

**Desserts:** Black Forest Cake      Apple Strudel

**SINGING AND DANCING TO THE MUSIC OF**  
**Schachtelgebirger Musikanten**  
Ronald Kwas & Freddie Meier  
**Reservations a must (860) 249-3634**



# The Green Guard

## Fall hunting season explained

MELISSA TONI  
NATURAL AND CULTURAL RESOURCES MANAGER

Now that it's October and the weather has finally cooled down, hunters start to anticipate the start of deer season. Nothing is quite like that first step into the crisp woods before dawn on the opening day of gun season. The Connecticut Department of Environmental Protection (DEP) regulates hunting on both state and private land through a maze of regulations. This column has been written to provide you with a brief overview of the 2005 Connecticut Hunting Laws and Regulations so that you are better prepared on opening day.

Opening day of bowhunting for private and state lands is Sept. 15. The bag limit is two either sex and two antlerless. A late bow season in January in zones 11 and 12 allow an additional one either sex and one antlerless. Zones 11 and 12 are southwestern Fairfield County and extreme southern New Haven and New London Counties.

The state land shotgun season is based on a lottery system for most of the state. Lotteries are broken up into an 'A' season and a 'B' season. The season for shotgun on state land for the 'A' season is Nov. 16–25. The 'B' season runs from Nov. 26–Dec. 6. The bag limit for these seasons is one either sex for each season. At this late date in the year, permits have already been issued to lottery winners to hunt during these seasons. Applications were due in March and permits are awarded in June.

If you missed the lottery, a non-lottery hunting season also exists on specific areas of public land from Nov. 26–Dec. 6 with a bag limit of one either sex. Non-lottery areas are mostly in the northwest and eastern Connecticut State Forests and are listed in the 2005 Regulation booklet.

Private land shotgun/rifle season is open from Nov. 16 to Dec. 6. If you are a landowner, your season is significantly longer, from Nov. 1 to Dec. 31. Bag limits for both are two total, one either sex and one

antlerless.

Muzzleloader season is open from Dec. 7–20 for state and private lands. One either sex deer can be taken off of state land, and two deer can be taken off private land, one either sex and one antlerless.

A few general notes apply to all hunters on all types of land. Deer hunting is allowed from ½ hour before sunrise to sunset. No hunting is allowed on Sundays in Connecticut. Hunters are required to wear at least 400 square inches of fluorescent orange clothing above the waist and orange must be visible from all sides. Archery hunters during the special archery season and landowners hunting on their own property are exempt from the orange requirement. Lastly, it is prohibited to hunt with, shoot, or carry a loaded firearm within 500 feet of any building.

Please hunt safely and responsibly this season, and good luck shooting your limits!



The above information has been taken from the 2005 Connecticut Hunting and Trapping Guide. Copies are available online at [www.dep.state.ct.us/burnatr](http://www.dep.state.ct.us/burnatr) or directly from the DEP at 79 Elm Street in Hartford.

## Let's Celebrate the return of the 143rd ASG!!



Please join us for a lunch buffet on December 3 to celebrate the return of our Soldiers.

**Place:** The Aqua Turf

556 Mulberry Street

Plantsville, CT

Kay's Pier South Room

**Date:** December 3, 2005

Time: 11:30-5:00

**Cost:** \$32.00 per ticket

To Reserve your tickets please call 860-878-6746

JOINT FORCES HEADQUARTERS CONNECTICUT NATIONAL GUARD PROUDLY  
HOSTS THE

2005 CONNECTICUT MILITARY DEPARTMENT OFFICER'S DINING IN  
AQUA TURF CLUB, SOUTHTON, CT  
DATE: 3 NOVEMBER 2005  
TIME: 1800 - 2200

PLEASE JOIN US FOR AN EVENING OF CAMARADERIE AS WE CONTINUE THE  
TRADITION OF THE OFFICERS DINING IN.

ALL CURRENT AND FORMER ARNG, ANG & MILITIA OFFICERS.

CHOICE OF PRIME RIB, CHICKEN FRANCAISE OR BAKED SCROD - COST IS  
\$50

UNIFORM: ARMY DRESS BLUES, AIR FORCE MESS DRESS

### HIGHLIGHTS

- TRADITIONAL PUNCH BOWL CEREMONY
- KEYNOTE SPEAKER TO BE DETERMINED

CONNECTICUT ARMY NATIONAL GUARD  
POINT OF CONTACT: CW4 TONY UVA  
PHONE: 860-493-2750  
FAX: 860-493-2751  
EMAIL: ANTHONY.UVA@US.ARMY.MIL

PLEASE MAKE CHECK PAYABLE TO: DROHAN GUARD ASSOCIATION

PLEASE MAIL THE RESPONSE TO:

CW4 TONY UVA  
2005 OFFICER DINING-IN COMMITTEE  
ROOM 212  
360 BROAD STREET  
HARTFORD, CT 06105

PLEASE RETURN NLT 19 OCT 05 PROTOCOL DICTATES RESPONDING EITHER WAY

RANK: NAME: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

I WILL - WILL NOT ATTEND (CIRCLE ONE)

MEAL CHOICE: PRIME RIB CHICKEN SCROD (CIRCLE ONE)



## Retirees' Voice

### Katrina brings Retirement Homes to writer's attention

SGT. 1ST CLASS (RET.) JOHN BEDNARZ

It looks as if the 'Government' has done something that is right for a change. I read an article by Alex Keenan a retired Coast Guard Command Master Chief in the *Army Times* about the Armed Forces Retirement Home, which up until Hurricane Katrina enjoyed two facilities, one in Gulfport, Mississippi and one in Washington, D. C.

You probably heard how the residents of the Gulfport Facility were forced to leave due to the damage done to that facility by Katrina. They were transferred to the Washington, D. C. facility with hardly a hitch, assisted by volunteers from the active duty force, veteran's service organizations and residents of the Washington facility.

I was surprised though to hear about the makeup of the Armed Forces Retirement Home. It was formerly the Naval Home in Gulfport and the Soldiers and Airmen's Home in Washington. It is an independent

federal agency, each having a local advisory board appointed by the defense secretary. No longer an "asylum for the old and disabled Soldier" it is a retirement community where the vets live mostly in private rooms with private baths and amenities. Ongoing renovations will assure that all have private rooms. Three meals a day are served in a modern cafeteria that seats 1,400 people with a wide variety of food with short order, special diets, and salad bar.

Health care ranges from community nursing to primary, intermediate and skilled care at the King Health Center, an accredited facility with 220 beds, at no additional cost.

It's a "city within a city" with banking facilities, a post office, three chapels, a large gymnasium and a six lane bowling alley. Residents can take the home's private bus to a museum, the Capitol, or any of the many

attractions in the area. The residents are frequently visited by the local veterans' organizations and active duty units. Those who have hobbies can visit the arts and crafts shops that cater to the resident's woodworking, ceramics, photography and painting talents.

A nine-hole golf course and driving range, plus garden plots and two lakes for sport fishing are a part of the facility.

This unique institution is a congressional trust, and has never been funded by taxpayer dollars. The trust is supported by active duty monthly payroll deductions of 50 cents; fines and forfeitures imposed on wayward military members; interest from the trust fund; and a 30 percent user fee paid by the residents.

To be a resident one must have had active service with at least half as an enlisted man or warrant officer, who are retirees at least 60 years old, veterans unable to earn a living because of non-service disability and who served in a war theater.

If you think you qualify and would like to live there, write for an application to: Armed Forces Retirement Home, Washington, DC 20317, Telephone (800) 422-9988.

## Recently Retired?

**Consider coming back to the Connecticut National Guard.**

**Call your former unit for more information.**

**Call the**

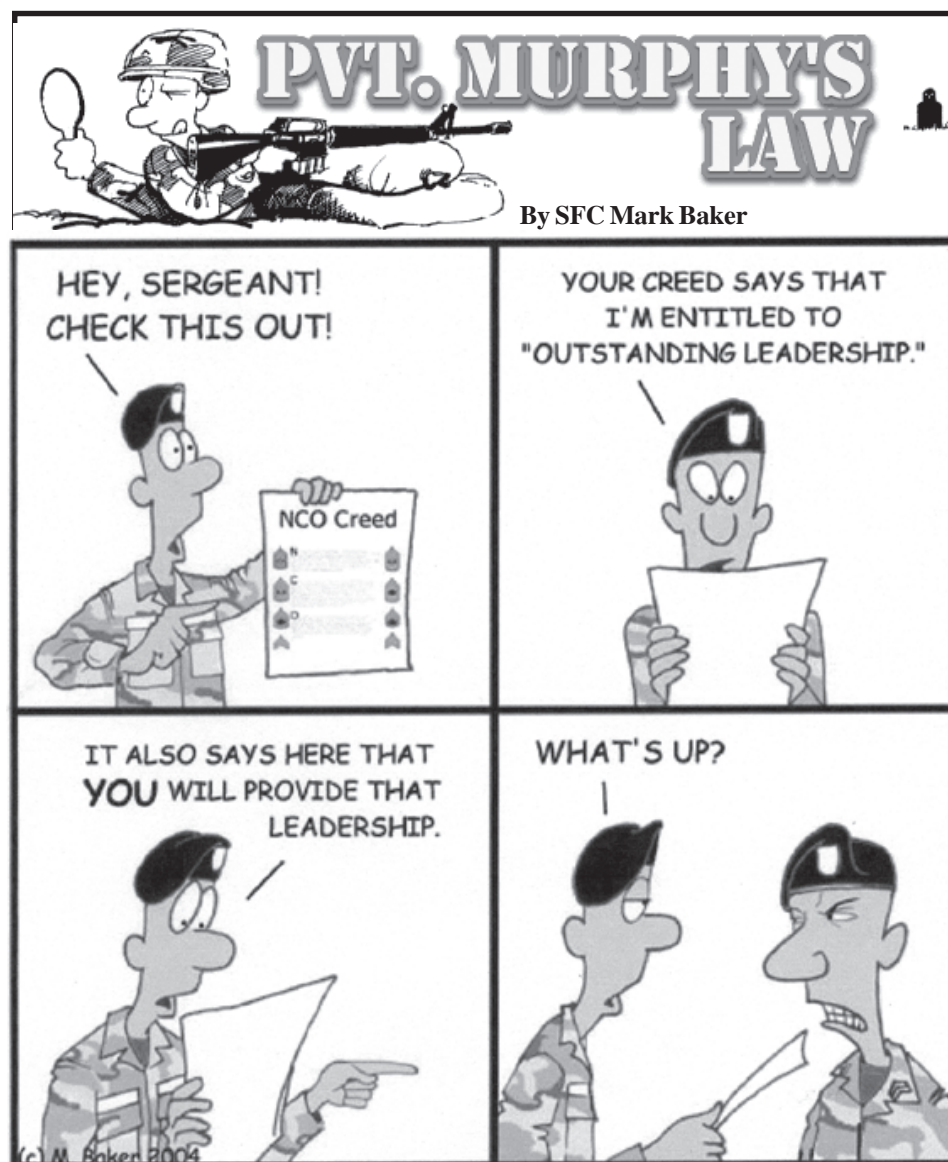
**Handyperson Hotline**

**today to volunteer your skills**

**(860) 209-0770**

## 2nd Louie

By Bob Rosenburgh





# Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

## Army National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Aircraft Mechanic	AVCRAD	WG-11	Oct. 6, 2005
Materials Examiner & Identifier (Indef)	AVCRAD	WG-07	Oct. 6, 2005
Aircraft Electrician	AVCRAD	WG-10	Oct. 11, 2005
Electronics Mechanic	AVCRAD	WG-10	Oct. 11, 2005
Aircraft Mechanic	AVCRAD	WG-10	Oct. 11, 2005
Materials Examiner & Identifier	USPFO (CIF)	WG-07	Oct. 11, 2005
Aircraft Propeller Mechanic	AVCRAD	WG-10	Oct. 11, 2005
Aircraft Pneudraulic Systems Mechanic	AVCRAD	WG-11	Oct. 12, 2005
Human Resources Assistant (Military)	AVCRAD	GS-06	Oct. 12, 2005
Heavy Mobile Equipment Repairer	FMS 11	WG-09	Oct. 12, 2005
Heavy Mobile Equip. Repairer Leader	UTES	WL-09	Oct. 12, 2005
Aircraft Mechanic	AVCRAD	WG-10	Oct. 12, 2005
Supply Technician	AVCRAD	GS-06	Oct. 12, 2005
Automotive Worker	FMS 5	WG-09	Oct. 18, 2005
Information Technology Specialist	DOIM	GS-09	Nov. 1, 2005

## Air National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Airplane Flight Instructor	103rd FW	GS-13	Oct. 6, 2005
Aircraft Mechanic (Indef) (4 Positions)	103rd FW	WG-12	Oct. 25, 2005

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

## Army National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Production Recruiter	Recruiting CMD	SFC/E-7	Open AGR Nationwide
Supply Sergeant	102nd Army Band	Up to E-5	Open AGR Nationwide

## Air National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
None listed as of Oct. 2, 2005 - Check the above website for additional postings.			

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

For Bradley Airbase BRAC Information,  
vist the NGACT Website at  
[www.NGACT.org](http://www.NGACT.org)  
or for full BRAC Information, visit  
[www.brac.gov](http://www.brac.gov)

# Coming Events

## October

### October 6

Senior NCO Dining In  
Aqua Turf

### October 7

Technician Annual Picnic

### October 10

Columbus Day

### October 14

Hispanic Heritage Celebration  
Eastern Connecticut State University

### October 29

Youth Program 2nd Annual Haunted Garden

## November

### November 3

Officers' Dining-In  
Aqua Turf

### November 6

Veteran's Day Parade

### November 8

Election Day

### November 24

Thanksgiving

## December

### December 3

ASG Welcome Home Luncheon

### December 24

Christmas Eve

### December 25

Christmas  
First Night of Hanukkah

## In future issues

Hispanic Heritage Celebration

Connecticut Guardsman Becomes Senior  
Enlisted Advisor for Reserve Affairs in Iraq

Senior NCO Dining-In

History of Veterans' Day

Deadline for submissions is the 15th of the month  
previous to publication.



# Welcome Home 143rd ASG



Staff Sgt. Laura Cruz is all smiles as she holds on to balloons and a loved one's hand upon her return to Newington after a year in Iraq. (Photo by Spc. Jordan E. Werme, 65th PCH)



Gov. M. Jodi Rell and Brig. Gen. Thad Martin crane their necks to see over the crowd as buses carrying the 80-plus Soldiers of the 143rd Area Support Group arrive at Newington High School, Oct. 1. (Photo by Spc. Jordan E. Werme, 56th PCH)



Command Sgt. Maj. Joseph Aparo is greeted by Brig. Gen. Thad Martin, adjutant general, as he arrives at Newington High School with the rest of the 143rd Area Support Group. The ASG returned to Connecticut Oct. 1, after spending several days at Fort Drum, N.Y., upon completing a year-long mission in Iraq. (Photo by Spc. Jordan E. Werme, 65th PCH)



Major Ralph F. Hedenberg holds his daughter, Aislyn, in Newington after returning from Iraq with the 143rd Area Support Group Oct. 1. (Photo by Pfc. Joshua C. Johnson, 65th PCH)



Paulyna Phamle shows off her 143rd Area Support group T-shirt while waiting in Newington for Staff Sgt. Lewis Texidor who returned from deployment to Baghdad, Iraq with the company Oct. 1. (Photo by Pfc. Joshua C. Johnson, 65th PCH)



A Soldier of the 143rd ASG gets a warm smile and a warmer hug from a family member as she steps off the bus that brought her home. (Photo by Spc. Jordan E. Werme, 65th PCH)



Family members carry a sign showing support of their Soldier, Pfc. Annie Desouza, 143rd Area Support Group. Desouza was among the 80 Soldiers of the ASG who returned to Connecticut Oct. 1, following a year of duty in Iraq. (Photo by Spc. Jordan E. Werme, 65th PCH)

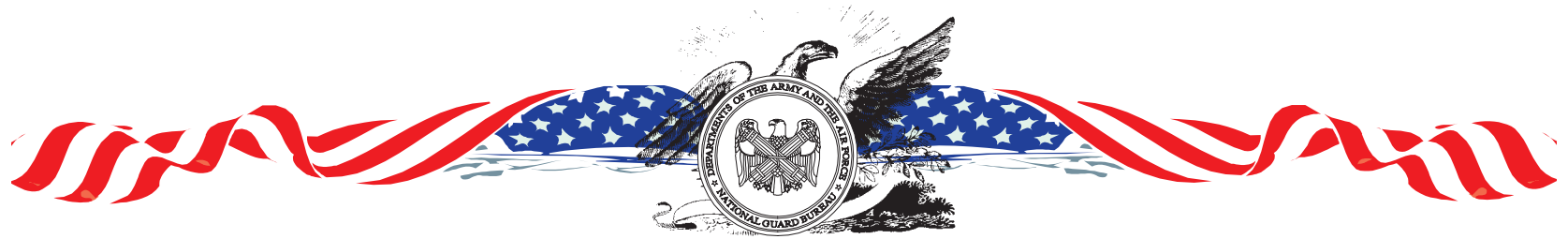


Capt. Charlie K. Jaworski holds his daughter, Tasha, in Newington after returning from with the 143rd Area Support Group Oct. 1. (Photo by Pfc. Joshua C. Johnson, 65th PCH)

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# Family Deployment Supplement to the Connecticut Guardian

VOL. 6 NO. 10

HARTFORD, CT

OCTOBER 2005

## Connecticut youths make impressive showing at National Youth Symposium in Boston

MELISSA TETRO  
CTNG YOUTH PROGRAM COORDINATOR

Just a few weeks ago the Connecticut National Guard Youth Program sent two delegates to Boston to attend the National Guard Youth Symposium.

Chosen to represent the Connecticut National Guard were Amanda Zarzycka and Alyssa Hunt.

Our two delegates worked long, hard hours establishing a "Dream Team Template" for the future of our program.

They also worked with a group of other delegates in our region to produce a Public Service Announcement and publish a brochure for the National Guard Bureau, targeting the importance of our program to military personnel.

Enough great things can't be said about these two individuals. Both of our delegates shined in many, many ways!

**Amanda** clearly astounded our region when she wrote all of the essays to be included in the National Brochure. Her intelligence and experience on the subject matter and her passion for others truly stood out for all to see.

**Alyssa** was also a role model delegate as she was awarded the Youth Delegate to "grow the most" during the conference. Her outgoing personality and understanding of the issues at hand, made her another perfect candidate.

The Connecticut Youth Program would like to sincerely thank these two individuals for their hard work and dedication to this program.

This program can only be what others put into it. We see great things for this program and have two great role models to help our program be on its way to being the best in the Nation!



Amanda Zarzycka



Alyssa Hunt



Alyssa Hunt, daughter of Master Sgt. Juanita Hunt and Chief Master Sgt. Albert Hunt of the 103rd ACS, and Amanda Zarzycka, sister of Staff Sgt. Katie Tolliver of the 143rd FSB, represented the Connecticut National Guard Family Youth Program at the National Youth Symposium in Boston. The two girls left indelible impressions on the future of the program by actively participating in every aspect of the Symposium. (Photo courtesy Connecticut National Guard Family Program)





CATHERINE GALASSO

## The Pendulum Will Swing Back

I see the tears in people's eyes. And I feel the pain in their heart.

How do I know their anguish without them even saying a word?

Because I, too, have been there.

What is our purpose for being here?

For what reason do we go through the things we do?

Why do we suffer?

Unveil your eyes, let your heart be at ease and your mind at rest; the Lord knows why...

We do not stand alone; God is with us, an ever-present help that we can depend on.

Let us recognize that in every challenging situation, God proves His love to us. His most beautiful jewels are often delivered in arduous packages. But as we trust in Him in the midst of difficulty, and honor Him with unwavering confidence, our faith will be rewarded. Be patient in suffering and persevere in prayer, assured that God uses our tribulations to teach us to rely on Him. God is interested in our character and character is formed in difficulties.

What is the best way to have strong faith? Great faith must first endure great trials. For faith is believing what we do not yet see, and the reward for this kind of faith is to see what we believe. Many a time, God selects His most noble servants for the most notable afflictions.

A reader wrote, "If we could trust God with the big things, why not with everything. Proverbs 3:5,6 has helped me so much: 'Trust in the Lord with all your heart, lean not on your own understanding. In all your ways acknowledge Him and He shall direct your path.'"

Sometimes, the biggest griefs are those we cause ourselves. Our reaction is what causes us pain. Look ahead. The pendulum will swing back. Whatever bridge we have to cross, put it where it belongs and tackle it one day at a time. When we live for the present, the future takes care of itself.

Often, what appears to be a negative can turn out to be a positive by embracing a faith filled, optimistic outlook. Pessimistic thinking can be our worse enemy; therefore let us keep our hearts full of good thoughts, so that bad feelings find no room to enter.

In the realms of shadows or darkness are the places of the greatest growth. Did you know that Indian corn grows rapidly in the darkness of a warm summer evening? Many varieties of flowers bloom majestically in the shade that never flourishes in the sun and the starry splendor of the heavens cannot be seen until the night shadows slip over the evening sky. Every storm cloud can indeed become a rainbow and the rough places we may have to walk will surely become smooth.

I believe we go through trials to help others. Our challenges give us insight to make the way easier for another. Examples truly instruct. I like these quotes from General George S. Patton: "Often I have encountered in life that great disappointments have proved to be the road to future successes." And, "Success is not getting on top; it's how you bounce on the bottom."

When we read about someone else's experiences, we contemplate our own. Occurrences and examples of another's life can help us in the ordeals we face and the adversities we conquer. We all have a mission and a purpose for our lives and to know that even one life breathed easier because you have lent a kind, helping hand is to really have achieved. Our life, our work and our contributions are of great importance to God. We have the ability to accomplish the impossible. Let us ask God to help us conquer the obstacles set before us, depending on His infinite wisdom to supply our needs according to HIS riches, glory and wisdom.

He has promised that all things work together for good to those who love Him. We may not see it right away, but later, down the road we will know it, as we are protected by the loving arms of God.

*Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of "A New You, Words to Soothe the Body, Mind and Spirit," in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at [anewyou@snet.net](mailto:anewyou@snet.net) © Catherine Galasso, 2005*

**2<sup>nd</sup> Annual Haunted Garden**

**The CTNGFP Youth Program**

Is hosting its 2<sup>nd</sup> Annual Haunted Garden!!

**Date:** October 29, 2005  
**Time:** 6:00-9:00  
**Place:** Tara Gardens  
 400-4 Talcottville Road  
 Vernon, CT

**OPEN TO THE PUBLIC**  
**Free Admission**

If anyone is interested in volunteering please contact:  
 Melissa Tetro: 860-883-6948  
 Donna Rivera: 860-292-2730  
 Michelle McCarty: 860-883-6953

**For Bradley Airbase  
 BRAC Information,  
 visit the NGACT website at  
[www.ngact.com](http://www.ngact.com)**

**HANDYPERSON  
 HOTLINE**

**"CARRYING THE HOMEFRONT"**

**SERGEANT MAJOR  
 TOBY P. CORMIER**  
**Ph: 860-441-2984**  
**Cell: 860-209-0770**  
**[toby.cormier@ct.ngb.army.mil](mailto:toby.cormier@ct.ngb.army.mil)**

Visit the  
**Connecticut Guardian**  
 on-line at [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)



# Reunions: They're home, now what?

MELISSA TETRO  
FAMILY ASSISTANCE COORDINATOR/YOUTH COORDINATOR

After a year of separation, a few units are scheduled to arrive home this fall and reunite with their families. As this can be a happy time for most, it is also a time of adjustment for both the soldier and their family.

Each family member has different expectations about the reunion as well as different concerns. Spouses often wonder how much their service member has changed, if they made the right decisions about household issues and the children and what their new-found social life will be like once their spouse has returned.

Service members often wonder how much they will be needed since the family has carried on without them for the past year, if the children will recognize them and if they will be happy to see them.

Children on the other hand think about how long Mom or Dad will be staying, if they will be getting punished for the times they weren't nice while they were gone and how much the rules will change now that their parent is home.

As these are a just a few examples, you can see how different each family member is thinking about the "homecoming."

During reunification there are several

different phases that most families will encounter.

The first phase is the *anticipation stage*. This usually happens weeks or days prior to homecoming where the days are filled with excitement, tension and nervousness.

Following the anticipation phase comes the *readjustment phase*.

This phase is broken up into two categories: honeymoon and readjustment. During the honeymoon stage, couples are catching up, sharing experiences, beginning to reestablish intimacy and life feels like a blur of excitement. This usually lasts until the first serious disagreement.

During the readjustment phase couples may feel intensified pressure, sensitivity to spouse's presence and increased tension as both individuals are trying to adjust to being together.

The final stage of reunion is *stabilization*. The amount of time that it takes for families/couples to stabilize may vary and many families experience only minor difficulties.

This process can be both difficult and trying on both the relationship and the family. It is important to communicate to one other the feelings that you are having and to work together to resolve any issues. It is hard to put a time frame on each stage as

each family deals with the stress of change differently.

However, in any case, there are several different support mechanisms in place to help each member of the family through this transition. The Connecticut National Guard Family Program will hold a Reunion Conference for the families prior to reunion to prepare them for reunification.

They have also started a new initiative where couples attend a "Preventative and Relationship Enhancement Program (P.R.E.P.) in which couples learn how to communicate with one another after a deployment.

Families can also seek assistance through Family Support Groups, Chaplains, Military One Source and the State Family Counselor.

As homecoming is overall a great time for the soldiers and their families, it is important to realize that is a time of change for everyone.

Remember that communication is key while working through these problems and that the entire process may take only a few weeks or it may take months.

Respect that each individual handles change differently and that no problem is too big to work through.

## Have you recruited anyone today?

**Recruiting is everyone's responsibility.**  
**Contact your unit today to find out what positions are available and help find someone to fill them.**

**You are the best advertisement for the Connecticut National Guard.**

**Call**  
**1-800-716-3550**

*Let's Celebrate the return of the 143rd ASG!!*



Please join us for a lunch buffet on December 3 to celebrate the return of our Soldiers.

**Place:** The Aqua Turf

556 Mulberry Street

Plantsville, CT

Kay's Pier South Room

**Date:** December 3, 2005

**Time:** 11:30-5:00

**Cost:** \$32.00 per ticket

**To Reserve your tickets please call 860-878-6746**

**Need assistance?  
Have questions?**

**Contact the  
103rd Air Control  
Squadron's  
Family Support Program  
by visiting its Website:**

**[www.103rdacs.com](http://www.103rdacs.com)**





# Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

Waterbury Armory  
64 Field Street, Waterbury, CT 06702  
(203) 574-2406 Toll Free 866-347-2291  
Staff Sgt. Jonathan Duffy

Norwich Armory  
38 Stott Avenue, Norwich, CT 06360  
(860) 823-1342 Ext. 12 Toll Free 866-347-3357  
Mrs. Andrea Lathrop

Manchester Armory & AVCRAD  
330 Main Street, Manchester, CT 06040  
(860) 646-0780 Toll Free 866-347-2286 Capt. Lauri Tinelle

103rd Air Control Squadron  
206 Boston Post Road, Orange, CT 06477  
(203) 795-2983 Charlie and Jane Solomon

103rd FW, Bradley ANG Base  
Bldg 8, East Granby, CT 06026  
(860) 292-2730 Mrs. Donna Rivera

Newington VA Center  
555 Willard Ave., Bldg. 1, 4th Floor, Newington, CT 06111  
(860) 878-6745 Ms. Melissa Tetro & Sgt. Tamara Jex

Hartford Armory  
360 Broad Street, Hartford, CT 06105-3795  
1-800-858-2677  
Mrs. Kim Hoffman, Mrs. Michelle McCarty, Mrs. Karen Somes,  
2LT Claude Hibbert, Mrs. Trudy Kaufman and Sgt. Jessica McKenna

Windsor Locks  
Bldg. P123, Camp Hartell, Windsor Locks, CT 06096  
(860) 386-4027 Mrs. Rita O'Donnell

Volunteers are needed in each facility.  
Those wishing to help out can contact Mrs. Kim Hoffman, Family Program Manager at 1-800-858-2677. Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email address:  
kim.hoffman@ct.ngb.army.mil  
Please visit our Website at [www.ct.ngb.army.mil/family](http://www.ct.ngb.army.mil/family)

## Number Name Scramble

VEIF	
SVENE	
NOE	
RETEH	
NET	
HGIET	
WTO	
FROU	
ENIN	
IXS	

## Kids' Creative Corner

A MONTHLY FEATURE OF  
FUN AND EDUCATIONAL  
ACTIVITIES